

Household Plan

- Plan ways to care for those who might be at greater risk for serious complications, particularly [older adults and those with severe chronic medical](#) conditions like heart, lung or kidney disease.
 - Make sure they have access to several weeks of medications and supplies in case you need to stay home for prolonged periods of time
- **Contact your healthcare provider to ask about obtaining extra necessary medications** to have on hand in case there is an outbreak of COVID-19 in your community and you need to stay home for a prolonged period of time.
 - If you cannot get extra medications, consider using mail-order for medications.
 - **Be sure you have over-the-counter medicines and medical supplies** (tissues, etc.) to treat fever and other symptoms. Most people will be able to recover from COVID-19 at home.
- **Have enough household items and groceries** on hand so that you will be prepared to stay at home for a period of time.
 - Monitor food and other medical supplies (oxygen, incontinence, dialysis, wound care) needed and create a back-up plan.
 - Stock up on non-perishable food items to have on hand in your home to minimize trips to stores.
- Talk with the people who need to be included in your plan, and discuss [what to do if a COVID-19 outbreak occurs in your community](#).
- Get to know your neighbors and find out if your neighborhood has a website or social media page to stay connected.
- Create a list of local organizations that you and your household can contact in the event you need access to information, healthcare services, support, and resources.
- Create an emergency contact list of family, friends, neighbors, carpool drivers, health care providers, teachers, employers, the local public health department, and other community resources.