

# Coronavirus Preparedness Guide

This guide is not meant to be a definitive list of everything you need, but is based on the U.S. Department of Homeland Security's Ready.gov recommendations.

## Shopping List

- A two-week supply of water and non-perishable food
- A 30-day supply of your prescriptions
- Nonprescription drugs like pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins
- Soap and hand sanitizer

**What about a mask?** No, says public health officials. In fact the U.S. Surgeon General Tweeted, "Seriously people- STOP BUYING MASKS!" The reason? They're not effective at preventing COVID-19 from the general public, but they are needed for sick patients to stop the spread.

## What else should you do?

- Review your company's sick time policy and stay at home if you're sick
- Check with your workplace for work-from-home policies
- Check with your child's school or daycare about plans if there is an outbreak
- Keep a list of medications at home
- Stay informed. **Go to [kron4.com/health/coronavirus](https://www.kron4.com/health/coronavirus) for the latest or download the [KRON4 News App](#)**

## Prevention Tips

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

Sources: [Center for Disease Control and Prevention](https://www.cdc.gov), [Ready.gov](https://www.ready.gov)