

Preparing for Coronavirus

Tips for individuals and families to prevent the spread of coronavirus and prepare for possible disruption to your daily routine

Preparing now limits the spread of the virus.

By preparing ourselves, we can help protect people who are more vulnerable, such as the elderly and people with chronic diseases. The more that people take care of themselves to prevent getting sick, the less strain there is on our hospitals and clinics.

Stay home if you're sick.

Avoid contact with others who are sick too.

Follow everyday prevention measures.

Wash your hands often, sneeze and cough into your elbow or a tissue, and get your flu shot. Disinfect frequently touched surfaces, like doorknobs, remotes, refrigerator handles, light switches, and sink handles.

Reconsider some of your habits.

Think about ways to practice social distancing:

- **Shop less often.** If you go to the grocery store every week, can you go every other week instead?
- **Explore your doctor's virtual visit options.**
- **Rethink social norms.** Avoid handshakes. Leave a few feet of space between people in lines.
- **Try online ordering.** Can you order items you need?
- **Try remote options.** Can you attend services or other events remotely?
- **Think through your commute.** Can you sit or stand farther from people on the bus? Can you walk, bike, or take your car instead?
- **Spread out at work.** If space permits, work at least three feet from others. If you have an office, keep your door closed.



Learn about plans and policies for your work and your kids' schools. Make arrangements accordingly.

How will you be notified if work or school is cancelled? Can you work from home? Who can take care of your kids if school is closed?

Gather the things you would need to stay home for a week or two.

When you hear about a big snowstorm, you stock supplies so you don't have to leave home for a few days. For coronavirus, it's no different: stock the items you would need to stay home, such as medications, non-perishable food, pet food, tissues, toilet paper, hand sanitizer, and cleaning supplies. The CDC does not recommend that people who are well wear facemasks.

Talk to your supervisor about working from home.

If it's possible for you to do your job from home, talk to your supervisor about what you would need to make it happen. Do you have a computer you can use at home? Do you have the right software? Can you use conference calls in lieu of face-to-face meetings?

Choose a room in your home to separate sick and healthy household members.

Identify a separate bathroom too, if possible.

Use reputable sources of information.

Stay informed through [the CDC](https://www.cdc.gov), [the Wisconsin Department of Health Services](https://www.wisconsin.gov), and [Public Health Madison & Dane County](https://www.publichealthmdc.com).