

# PANDEMIC SAFETY TIPS

## BEFORE:

- Have a shelter-in-place or stay-at-home kit
- Discuss care plans with your loved ones
- Know the pandemic response plans at:
  - Your workplace
  - Your children's schools
  - Your elderly parent's nursing home
  - Wherever else is applicable
- Mentally prepare for a stay-at-home ordinance

## DURING— General safety:

- Don't panic
- Listen to advice from trusted sources
- Follow the guidance from local and international health officials
- Keep your distance from other people
- Spend less time in crowded places
- Keep your travels to a minimum
- Sanitize surfaces that are used often

## DURING— Personal safety:

- Avoid touching your face as much as possible
- Wash your hands often
- Cover your mouth and nose when you sneeze
- Wear a mask when in public
- Stay home if you're not feeling well
- Take care of your health