COVID-19: How Can I Be Prepared?
Preparedness Checklist

You can prepare for COVID-19 spreading in your community by making an emergency plan of action. For more information, visit:

☐ Follow the Shawnee County Health Department’s (SCHD) social media and website pages to stay up-to-date.

☐ Talk with loved ones about how they would be cared for if they get sick, and what will be needed to care for them at home.

☐ Discuss alternate care plans for individuals with disabilities others who may be at greater risk for serious complications, such as individuals with compromised immune systems.

☐ Get to know your neighbors. Talk with them about preparedness and consider joining a neighborhood website or social media page to stay connected.

☐ Identify organizations in your community that can offer assistance. Find a comprehensive Community Resource List on our webpage.

☐ Make a list of emergency contacts and share with your family.

☐ Talk with your healthcare provider about keeping an emergency supply of medications at home.

☐ Gather extra medical and health supplies such as soap, hand sanitizer, fever medicines, thermometers, and tissues that will last up to two weeks.
  • Surgical masks are not effective in preventing the infection and are not recommended by the CDC.

☐ Store a two week supply of food and water.

☐ Practice and teach everyday preventative actions now, such as:
  • Stay home when you are sick
  • Cover your coughs and sneezes
  • Avoid contact with those who are sick
  • Wash your hands thoroughly with soap and water
  • Clean frequently touched surfaces
  • Get plenty of rest
  • Drink plenty of fluids
  • Eat healthy foods
  • Manage your stress levels

☐ Choose a room in your home that can be used to separate sick household members from those who are healthy.

☐ Learn about the emergency operations plan at your child’s school or child care facility and understand the local school district’s plan for continuing education and social services during dismissals.

☐ Make plans for alternative arrangements for yourself and/or your child in the case of a school, childcare facility, or university shutdown.

☐ Discuss sick leave policies and telework options with your employer in case you become ill or need to stay home to care for a sick household member.

☐ Join the emergency planning team at your workplace (if applicable).