

COVID-19 Planning Checklist

Here are simple, practical things you can do to plan for, prevent, and manage COVID-19.

Developed in collaboration with Dr. Harlem Gunness,
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PLAN AHEAD

-  Get health information from credible sources such as a public health authorities.
-  Get essential supplies to last for 14 days or more.
-  Create the list of persons to contact in case of an emergency including your medical provider.
-  Think of ways to relieve stress for yourself and others when in quarantine
-  Identify one person to get essential supplies.

PREVENT THE SPREAD

-  Stay at home and do not allow anyone into your home unless necessary.
-  Wash your hands regularly or use hand sanitizer containing 60% or more alcohol.
-  Always wear a mask and gloves when in public.
-  Keep a 6-foot distance from others when in public.
-  If you have a chronic medical condition, take your medication as prescribed.
-  Check for signs and symptoms of COVID-19 (such as fever, cough, shortness of breath and difficulty breathing).

WHEN YOU BECOME ILL

-  Contact your medical provider and tell a friend or family that you are ill.
-  Stay at home unless you need immediate medical care.
-  Keep a 6-foot distance from others (and pets) at home and in public.
-  Wear a face mask and gloves if you live with others.
-  Do not prepare food, wash the dishes, or wash clothes for others in your home.
-  Clean and disinfect surfaces and objects you use often.
-  Identify one person to get your essential supplies.
-  Stay in touch with friends and family.
-  Leave windows open or put a fan on to ventilate the air outside.

*Conditions include lung disease, asthma, heart disease, obesity, diabetes, kidney disease, liver disease, cancer, and a weakened immune system.

ESSENTIAL SUPPLY LIST

-  Food
 - Dried foods (pasta, rice, cereal, other grains)
 - Canned foods (soup, vegetables, beans)
 - Pet food
-  Hydration
 - Water
 - Non-caffeine drinks
 - Non-alcoholic drinks
-  Personal Hygiene
 - Alcohol-based hand sanitizer
 - Toilet paper
 - Diapers
-  Healthcare
 - Over the counter medications (fever-reducing, cough suppressants, pain relievers)
 - Prescribed medications
 - Thermometer
-  Cleaning
 - Paper towels
 - Dish soap
 - Garbage bags
 - Laundry detergent
 - Household cleaning products

EMERGENCY CONTACTS

Family/Friend

Name:

TEL:

Medical Provider

Name:

TEL:

CV19 CheckUp is a free, confidential service that helps you understand your personal COVID-19 risks and how to reduce them.

Try it: cv19checkup.org

Please share this chart with friends and family.