

# COVID-19

## What can I do?

First and foremost: even if you are by yourself, you are not alone. We are all in this together.

### 1. Keep informed:

- a. The US Centers for Disease Control and Prevention is the most authoritative source for up to date information. Their website is:  
<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- b. UpToDate is an excellent resource with a free public education portal:  
[https://www.uptodate.com/contents/coronavirus-disease-2019-covid-19-the-basics?topicRef=126981&source=see\\_link](https://www.uptodate.com/contents/coronavirus-disease-2019-covid-19-the-basics?topicRef=126981&source=see_link)
- c. Do not base your actions on social media reports or the advice of amateurs.
  - i. There are many unscrupulous people who will try to prey on us through confusion, chaos, or profiting through panic.
  - ii. Do not open social media links or attachments touting COVID-19 treatments, cures, or tests. These are being used for identity theft.

### 2. Network with your neighbors: We're all in this together.

- a. Participate in the Neighborhood Support Teams on GRR.
  - i. Determine who will check on whom and who is available to shop for supplies for anyone who has to quarantine.
- b. Keep in contact with your neighbors, especially those who live alone.
- c. Let your NST know if you do become ill.
- d. Consider creating groups to communicate with each other by Facetime, Skype, Zoom, and other video conferencing applications. Book clubs, other clubs, and groups can still get together by this means.

### 3. Have a plan if you have to quarantine:

- a. Who is at greatest risk in your home?
- b. Be prepared to quarantine for 2 weeks: food and other supplies.
- c. Who will shop for you?
- d. Have an emergency contact list.
- e. What room(s) will you quarantine in?
- f. Have at least a 2-week supply if you are on medications.
- g. Have cleaning supplies, soap, dish soap, and laundry detergent on hand.
- h. Develop a home plan in case one person has to quarantine and the other become a caregiver.
- i. If you live alone, contact neighbors to determine who will help and how.

### 4. Have a plan in case you become sick:

- a. Make a list:
  - i. List your medical problems and surgical history, medications, allergies and intolerances, medical providers, and contacts, especially next of kin or those with healthcare power of attorney.
  - ii. If you have an advance directive, have it available.

- iii. Put both of these either on your refrigerator or some other obvious place in case you need to call 911 for emergency medical care.
- iv. Use the My Medical History form on this website for this purpose.

**5. Protect yourself and others:**

- a. Wash your hands with soap and water for at least 20 seconds:
  - i. As soon as you get home.
  - ii. Before meals.
  - iii. After you cough, sneeze, or blow your nose.
- b. Use alcohol (60% or greater) hand sanitizer if soap and water are not readily available.
- c. Avoid touching your eyes, nose, and mouth with unwashed hands, especially in public. This is particularly important while or after shopping, dining out, or in social settings.
- d. Wear a fabric face mask whenever you are in a public indoor setting, such as shopping, at medical/dental offices, or in other public/commercial buildings. Wear this mask when social distancing may not always be possible outside the home.
- e. Avoid close contact with people who are sick.
- f. Practice Social Distancing:
  - 1. Keep at least 6 feet away from others outside your home when possible.
  - 2. Show your respect for others by not shaking their hands, kissing their cheeks, or hugging during greetings.
  - 3. Avoid crowds whenever possible and maintain distance when you can't.
- g. Clean and Disinfect:
  - 1. Use disinfecting wipes in your car.
  - 2. At home, use disinfecting sprays or cleaning solutions to wipe down commonly touched hard surfaces like doorknobs, remotes, counters, and bathrooms.
    - a. EPA-approved emerging pathogen disinfectants are found here: [https://www.epa.gov/sites/production/files/2020-03/documents/sars-cov-2-list\\_03-03-2020.pdf](https://www.epa.gov/sites/production/files/2020-03/documents/sars-cov-2-list_03-03-2020.pdf)
    - b. Dilute household bleach works well:
      - i. 1/3 cup in one gallon of water
      - ii. 4 teaspoons in one quart of water
      - iii. Never mix with ammonia!

**6. Protect others: Don't share if you become ill:**

- a. Stay home if you're sick with any COVID-19 symptoms:
  - 1. Do not go to the store when you are ill; have a friend shop for you.
  - 2. Do not go to parties or gatherings if you are sick.
  - 3. If your child is sick, keep them home from school.
- b. Wear a facemask at home if you become sick with COVID-19 symptoms:
  - i. When in the presence of other family members or caregivers.
  - ii. Before entering a medical facility.
  - iii. Before riding in a vehicle with others.
  - iv. If you have to call 911.

Contact GRRFD if you have questions: [admin@grrfd.org](mailto:admin@grrfd.org).