



GETTING MY HOME READY: CORONAVIRUS (COVID-19)

How to get my household ready for Coronavirus.



If you go to stores, shops or supermarkets, try going during off hours when they might not be as crowded.



Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.



Online shopping with delivery is helpful too. Experts say to wipe down delivery boxes and then wash your hands.



Clean and disinfect high-touch surfaces daily in household common areas (e.g. tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, sinks)



Household members should educate themselves about COVID-19 symptoms and preventing the spread of COVID-19 in homes.



Secure Tomorrow

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Six (6) steps you can take to be ready for Coronavirus (COVID-19)



Food and water. Stock up on food that does not need to be refrigerated and can stay in good condition in storage for a long time.



Foods your family likes when sick. These include things like soup, cereals, and fluids to stay hydrated.



Household supplies. Don't forget toilet paper, soap, toothpaste, hand soap, and dish soap.



Medicine. Be sure you have over-the-counter medicines and medical supplies (tissues, etc.) to treat fever and other symptoms. Get advice from your doctor on how to use them. Use the concierge drug delivery service for prescription medicines.



A thermometer. You might need a digital thermometer, temporal artery thermometer, or electronic ear (tympanic) thermometer. This will come in handy for self-monitoring for family members who will be in self-isolation.



Face masks. You do not need to stock up on face masks. Experts say they're not needed to stay healthy. They are needed by sick patients and the health workers caring for them.

Create a household plan of action



Talk with the people who need to be included in your plan like household members, relatives and friends.



Plan ways to care for those who might be at greater risk for serious complications. If you or your household members are at increased risk for COVID-19 complications, consult with your health provider on how to care for them.



Get to know your neighbors. Talk with your neighbors about emergency planning.



Create an emergency contact list. Ensure your household has a current list of emergency contacts for family, friends, neighbors, carpool drivers, health care providers, teachers, employers, the local public health department, and other community resources.



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

Source: www.cdc.gov | www.redcross

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Ministry of health Hotlines numbers: **0800 721 316 | 0732 353 535 | 0729 471 414**