

# HAVE A PLAN IN CASE YOU GET COVID-19



**Get your household ready for COVID-19. As a family, you can plan and make decisions now that will protect you and your family.**

## Stay informed and in touch

- Get the most up-to-date information about local COVID-19 activity at [c-uphd.org](https://www.c-uphd.org)
- Create an emergency contact list including family, friends, neighbors, carpool drivers, healthcare providers, teachers, employers, and other community resources
- Create a list of local organizations you and your household can contact in case you need access to information, healthcare services, support, and resources

## Prepare for possible illness

- Choose a room in your house that can be used to separate sick household members from others
- Take additional precautions for those at higher risk for severe illness, particularly older adults and those of any age who have severe underlying health conditions
- Make sure you have access to several weeks of medications and supplies in case you need to stay home
- Treat pets as you would other human family members – do not let pets interact with people outside the household



**Public Health**  
Prevent. Promote. Protect.

Champaign-Urbana Public Health District  
[www.c-uphd.org](https://www.c-uphd.org)

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