What you can do to prepare, if you or a family member gets ill, or if your community experiences a spread of COVID-19

- Know where to find local information on COVID-19 and local trends of COVID-19 cases. We recommended the following sites:
  - www.CDC.gov/covid19
  - www.mass.gov/2019coronavirus

- Know the signs and symptoms of COVID-19 (fever, cough, and shortness of breath have been the most reported symptoms) and what to do if symptomatic:
  - Stay home when you are sick, handwashing, practice respiratory etiquette, clean frequently touched surfaces daily
  - Call your health care provider’s office in advance of a visit
  - Limit movement in the community
  - Limit visitors
  - Refer to the CDC website for further information on what to do if you are sick

- Know what additional measures those at high risk (older adults and those with chronic medical conditions like heart disease, diabetes, and lung disease) should take.
  - These measures can be found here: https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html#take-everyday-precautions

- Implement personal protective measures (e.g., stay home when sick, handwashing, respiratory etiquette, clean frequently touched surfaces daily).

- Create a household plan of action in case of illness in the household or disruption of daily activities due to COVID-19 in the community.
  - Consider 2-week supply of prescriptions and over the counter medications, food and other essentials. Know how to get food delivered if possible.
  - Establish ways to communicate with others (e.g., family, friends, co-workers).
  - Establish plans to telework, what to do about childcare needs, how to adapt to cancellation of events.

- Know about emergency operations plans for schools/workplaces/Day Programs of household members.

If there is a minimal to moderate level of community transmission in your area, continue to follow the above and implement the following:

- Continue to monitor local information about COVID-19 in your community.

- Continue to practice personal protective measures.

- Continue to put household plan into action.

- Individuals at increased risk of severe illness should consider staying at home and avoiding gatherings or other situations of potential exposures, including travel.

- Continue to monitor local information.

- Continue to practice personal protective measures.

This information was taken from the CDC’s website https://www.cdc.gov/coronavirus/2019-ncov/downloads/community-mitigation-strategy.pdf Table 2. Community mitigation strategies by setting and by level of community transmission or impact of COVID-19 and from www.CDC.gov/covid19. Please visit www.CDC.gov/covid2019 for more.