FOR MORE INFORMATION ON COVID-19, GO TO: **COVID19.CA.GOV**

PREPARE FOR PUBLIC HEALTH EMERGENCIES

LISTOS CALIFORNIA

CALIFORNIA ALL

EN
ENGLISH

ALSO AVAILABLE IN:
Español

GOVERNOR'S OFFICE OF EMERGENCY SERVICES:
CalOES.ca.gov

CDPH

CALIFORNIA DEPARTMENT OF PUBLIC HEALTH:
cdph.ca.gov

Find more tips and tools to keep you safe from natural disasters like wildfires, floods and earthquakes at **LISTOSCALIFORNIA.ORG**

SAFETY TIPS FOR ALL

BEFORE HEALTH EMERGENCIES

Follow trusted sources of public health news.

Get a flu shot.

Stock up on food, supplies and soap to last 2 weeks.

Get a thermometer and cold and fever medicines.

Plan what to do if family and friends get sick.

DURING HEALTH EMERGENCIES

Follow the advice of public health officials.

Stay home if you are sick.

Wash hands often with soap for **20 seconds.**

Cough into your elbow or a tissue.

Train yourself not to touch your face.

Who are trusted sources of news?

Centers for Disease Control and Prevention

California Department of Public Health

Your County Public Health Department

EXTRA TIPS FOR:

CAREGIVERS FOR SICK PEOPLE

- Keep the sick person and their things away from others.
- If possible, use a separate bedroom and bathroom.
- Use separate cups, utensils and dishes.
- Pick one person to be the main caregiver.
- Keep a record of temperatures, symptoms, medicines.
- Wash hands before and after caregiving.
- Clean light switches, doorknobs, toys, other surfaces daily.
- Launder clothes, towels and bedding in very hot water.
- Keep pets away from the sick person.

PEOPLE WITH HEALTH CONCERNS

- Stay away from public places if you are at high risk.
- Make a contact list of family, caregivers and doctors.
- Keep a list of all medical conditions and prescriptions.
- Refill all prescriptions and ask for 60- or 90-day supplies.
- Discuss how to continue your care if caregivers get sick.

FAMILIES

- Explain the health risks to your children and how to stay safe.
- Practice with children how to wash hands for 20 seconds.
- Ask child care/schools about health emergency plans.
- Decide who will care for children if child care/schools close.
- Ask your employer about sick leave and working from home.
- Plan to care for family members if regular caregivers get sick.
- Protect the very young and very old from close contact with others.
- Arrange for food delivery to keep older family members at home.
- Check in often by phone with family and neighbors who live alone.
- Reach out to faith community and others to offer or ask for help.

COVID-19 (CORONAVIRUS) IS A PANDEMIC. FOR MORE INFORMATION, GO TO: cdph.ca.gov

IMPORTANT PUBLIC HEALTH TERMS

PANDEMIC

A pandemic is a worldwide outbreak of a new virus. This virus spreads easily from person to person. New vaccines take a long time to make, so many people get sick quickly.

SOCIAL DISTANCING

During an outbreak, you can help yourself stay healthy by keeping 3 – 6 feet away from people. This is called social distancing. Other kinds of social distancing include:

- **Isolation**

  When someone has a very contagious illness, they may be asked to stay at home or in a hospital. This is called isolation. It helps stop the illness from spreading to others.

- **Quarantine**

  Sometimes, a healthy person goes near someone with a contagious disease. They can spread it before they get sick. They may be asked to stay home for a while, to see if they caught the disease. This is called quarantine.

- **Containment**

  Sometimes, to stop a sickness from spreading, everyone in a community needs to stay home for a while. Public events may be canceled. Schools, businesses and workplaces may close. This containment can slow down the spread of the disease.