



As the COVID-19 pandemic continues to worsen, it is vitally important that individuals and communities are prepared in the event the illness occurs in your home.

Plan Ahead

Take time to consider what you will do if you or a family member becomes sick and needs care. Think about:

- What food and household supplies you need for you and your family
- What medicines you need, including renewing and refilling prescriptions ahead of time

Discuss your plans with your family, friends and neighbours, and set up a system to check in on each other by phone, email or text during times of need.

Get Prepared

Have supplies on hand so you do not need to leave your home if you become ill. Add a few extra items to your grocery cart every time you shop. This places less of a burden on suppliers, and can help ease the financial burden on you as well.

Stock up on:

- Dried pasta and rice
- Pasta sauces
- Canned soups, vegetables and beans
- Pet food and supplies
- Feminine hygiene products
- Thermometer
- Diapers
- Soap
- Alcohol-based hand sanitizer
- Fever-reducing medications (acetaminophen or ibuprofen, for adults and children)
- Facial tissue
- Toilet paper
- Paper towels
- Plastic garbage bags
- Dish soap
- Laundry detergent
- Household bleach
- Household cleaning products

Stay Healthy and Limit the Spread

- Wash your hands frequently with soap and warm water for at least 20 seconds.
- Sneeze or cough into your arm or sleeve.
- Consider a wave or elbow bump in place of a handshake, hug or kiss.
- Reduce your exposure to crowded places by shopping or using transit during non-peak hours.
- Wherever possible, practice "social distancing" — try to keep 2 metres (6 feet) away from other individuals
- Encourage those you know are sick to stay home until they no longer have symptoms.
- If you become ill, stay home until you are no longer showing symptoms. Contact your health care professional or local public health authority and tell them your symptoms. They will give you advice about what to do next.

Further information

There is valuable information on COVID-19 at the Government of Canada's website. Visit [canada.ca/coronavirus](https://www.canada.ca/coronavirus)
If you have questions about COVID-19, you can call the Public Health Agency of Canada at **1-833-784-4397**



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