

## How to Get Ready for COVID-19

### Get Ready

Maybe you, or someone in your home, will get sick. Think about what you will need.

#### Important Shopping

- Have 2 - 3 weeks of food, cleaners, and things for your bathroom. Now you can stay home if you are sick.
- Do not be afraid. Do not buy more than you need.
- Pick up more prescription medicine from the pharmacy

#### Make Plans

- Who can help you if you are sick?
- Who can help your children if you are sick?
- Who can help your family and friends if you are sick?
- Can you work from home?
- Can you stop working if you are sick?

#### Help Yourself Stay Healthy

- Keep 2 metres away from people
- Stay away when you see many people together
- Go shopping and take the bus when there are not many people
- Exercise outside or at home

### Shopping List

Buy food that will stay fresh for a long time.

Buy cleaners and things for your bathroom. You and your house will be clean.

#### Food

- dried pasta and rice
- pasta sauces
- canned soups, vegetables, and beans
- pet food

#### Clean and Healthy Body

- toilet paper

- diapers
- tissues
- soap
- pads and tampons
- hand sanitizer with 60% alcohol

#### **Health care**

- thermometer

#### **Clean House**

- paper towels
- garbage bags
- dish soap
- laundry soap
- bleach
- cleaning products

### **Talk Together**

Talk to your family and friends.

- Tell them how you are staying healthy and safe
- Tell them your plans if you get sick
- Check on your family and friends by phone, text, or email

### **Get Information**

When you have good information, you can make a plan for COVID-19.

- Learn about COVID-19, how it moves, and how to stop it
- Get your news from the World Health Organization, the Public Health Agency of Canada, Nova Scotia government, and the Halifax government
- Visit [ISANS' COVID-19](#) page for information in many languages
- Turn off the news if you feel scared or anxious

Everybody in Nova Scotia can help stop COVID-19.

Read [this](#) for more information, from the Government of Canada.

Visit [Canada.ca/coronavirus](https://Canada.ca/coronavirus) or call [1-833-784-4397](tel:1-833-784-4397)

# BE PREPARED (COVID-19)

## PLAN AHEAD



There are simple, practical things you can do to prepare in case you or someone in your household becomes ill or if COVID-19 becomes common in your community.

### Make a plan that includes:

- ▶ **Essential supplies** (a few weeks' worth) on hand so you will not need to leave your home if you become ill.
  - Avoid panic buying. Add a few extra items to your cart every time you shop. This places less of a burden on suppliers, and can help ease financial burden on you as well.
  - Renew and refill your prescription medications.
- ▶ **Alternative arrangements** in case you become ill or if you need to care for a sick family member. For example:
  - Have backup childcare in case you or your usual care provider become ill.
  - If you care for dependents, have a backup caregiver in place.
  - Talk to your employer about working from home if possible.
- ▶ **Reducing your exposure** to crowded places through social distancing if COVID-19 becomes common in your community. For example:
  - Shop and use public transit during off-peak hours
  - Exercise outdoors instead of in an indoor fitness club

## COMMUNICATE



- ▶ Share your plan with your family, friends and neighbours.
- ▶ Set up a buddy system to check in on each other by phone, email or text during times of need.

## STAY INFORMED



- ▶ Learn about the symptoms of COVID-19, how it spreads and how to prevent illness.
- ▶ Get your information from reliable sources such as the Public Health Agency of Canada, and provincial, territorial and municipal public health authorities.
- ▶ If the news media is making you feel anxious, take a break from it.



## SHOPPING LIST

### FOOD

- dried pasta and rice
- pasta sauces
- canned soups, vegetables and beans
- pet food

### HYGIENE

- toilet paper
- feminine hygiene products
- diapers
- facial tissue
- soap
- alcohol-based hand sanitizer

### HEALTH CARE

- thermometer
- fever-reducing medications (acetaminophen or ibuprofen for adults and children)

### CLEANING

- paper towels
- plastic garbage bags
- dish soap
- laundry detergent
- household bleach
- household cleaning products



## FOR MORE INFORMATION ON CORONAVIRUS:

📞 1-833-784-4397

@ [canada.ca/coronavirus](https://canada.ca/coronavirus)