

# COVID-19 PERSONAL PREPAREDNESS

## Hand Hygiene

Wash your hands before eating, after using the restroom, and after sneezing, coughing or blowing your nose.

Wash your hands often (for 20 seconds) with soap and water, or use alcohol-based hand sanitizer.

Avoid shaking people's hands.

## Respiratory Etiquette

Cough or sneeze into your elbow or a tissue.

## Face

Do not touch your face, especially your eyes, nose and mouth.

## Home

Stay home if you become sick.

If you need medical care, call to notify the doctor's office or hospital before arriving.

## Medicine & Prescriptions

If you take prescription medication, talk to your doctor about ensuring you have enough medicine to last at least 30 days.

Check your supply of medications like fever reducers (ibuprofen or acetaminophen).

## Groceries & Supplies

Make several small purchases over the next few weeks of important supplies like non-perishable foods, water, baby formula, pet food, feminine hygiene products and soap.

## Family & Community

Talk with your family about how to support one another in the event of local outbreaks.

Check in with elderly family members to make sure they are prepared. Offer to go grocery shopping, or bring over meals.

Social support is important in times of stress — reach out to neighbors and members of your community.

## Cleaning

Clean and disinfect commonly used surfaces and items like cellphones, door knobs and faucets with common household cleaners.

## Work

Talk to your employer about the possibility of telework and what to do if you or a family member becomes sick.

## Contingency Planning

Talk with your family about what you plan to do in the event of closures of schools, workplaces or transportation systems.

Develop care plans in case someone in your family becomes sick, including plans regarding child care, household disinfection and isolation.



## Disease Outbreak Vocabulary

**Case fatality ratio:** proportion of persons with a particular condition (cases) who die from that condition. It is a measure of the severity of the condition.

**Close contact:** being within approximately 6 feet of a COVID-19 case for a prolonged period of time. Close contact can occur while caring for, living with, visiting or sharing a health care waiting area with a COVID-19 case. Also includes having direct contact with infectious secretions of a COVID-19 case, such as being coughed on.

**Cluster:** a grouping of cases based on a common place, relationship or feature. Examples of clusters might be a number of people infected in a household or a group that attended an event, like a wedding.

**Community spread:** spread of an illness for which the source of infection is unknown.

**Cough etiquette:** measures to prevent the spread of germs through the air or in droplets when coughing or sneezing. These include coughing into a bent elbow, using a tissue, and washing hands after coughing or sneezing.

**Isolation:** separates sick people with a contagious disease from people who are not sick.

**Quarantine:** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

**Social distancing:** measures taken to restrict when and where people can gather to stop or slow the spread of infectious diseases. Social distancing measures include limiting large groups of people, closing buildings and canceling events.

**Surveillance:** methods used by public health practitioners to identify people infected with a particular germ and to understand how many people in the population might be infected. This allows public health practitioners to make decisions about what to do to prevent the spread of disease.

**Transmission:** the way germs spread from an infected person to a person who is not infected.

## Resources

The resources below provide accurate and up-to-date information on COVID-19, including what you and your family can do to prepare.

### Johns Hopkins University

[coronavirus.jhu.edu/](https://coronavirus.jhu.edu/)

### Maryland Department of Health

[phpa.health.maryland.gov/Pages/Novel-coronavirus.aspx](https://phpa.health.maryland.gov/Pages/Novel-coronavirus.aspx)

### CDC COVID-19 website

[cdc.gov/coronavirus/2019-ncov/index.html](https://cdc.gov/coronavirus/2019-ncov/index.html)

### World Health Organization

[who.int/emergencies/diseases/novel-coronavirus-2019/events-as-they-happen](https://who.int/emergencies/diseases/novel-coronavirus-2019/events-as-they-happen)

### COVID-19 facts website

[covid-19facts.com/?page\\_id=82920](https://covid-19facts.com/?page_id=82920)

## Mental Health

COVID-19 is a rapidly evolving public health event. Stress and anxiety are normal reactions. Reach out to your family, friends and community for social support. Mental health resources are available to help with coping during this time. If you feel you need extra support, don't be afraid to ask.

### Johns Hopkins East Baltimore Campus

[hopkinsmedicine.org/uhs/university\\_mental\\_health.html](https://hopkinsmedicine.org/uhs/university_mental_health.html)

### Johns Hopkins Homewood Campus

[studentaffairs.jhu.edu/student-health/](https://studentaffairs.jhu.edu/student-health/)

### Psychology Today

[psychologytoday.com/us](https://psychologytoday.com/us)

## Stigma and Misinformation

Johns Hopkins is an inclusive community with members around the world, and members of that community must take care not to make assumptions about others based on perceived symptoms or identities (for example, ethnicity and/or national origin). You may visit [the Office of Institutional Equity](#) website to learn more about the university's discrimination and harassment policies and procedures.