

FOR MORE INFORMATION ON COVID-19, GO TO: [COVID19.CA.GOV](https://COVID19.CA.GOV)

# PREPARE FOR PUBLIC HEALTH EMERGENCIES



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ENGLISH

ALSO AVAILABLE IN:

Español



GOVERNOR'S OFFICE  
OF EMERGENCY  
SERVICES:

[CalOES.ca.gov](https://CalOES.ca.gov)



CALIFORNIA  
DEPARTMENT OF  
PUBLIC HEALTH:

[cdph.ca.gov](https://cdph.ca.gov)



Find more tips and tools to keep you safe from natural disasters like wildfires, floods and earthquakes at [LISTOSCALIFORNIA.ORG](https://LISTOSCALIFORNIA.ORG)

# SAFETY TIPS FOR ALL



## BEFORE HEALTH EMERGENCIES



Follow trusted sources of public health news.



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



Get a flu shot.



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:

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## 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.
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## 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.
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## 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: [COVID19.CA.GOV](https://www.covid19.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.

