

# COVID-19 Checklist for Individuals & Families at Home

**As a family, you can plan and make decisions now that will protect the health of you and your family during the COVID-19 outbreak.**

- Know where to find local information on COVID-19 & local trends of COVID-19 cases: [Wilmington Health Department Website](#) or [Facebook Page](#)
- Create a [household plan of action](#) in case of illness in the household or disruption of daily activities due to COVID-19 in the community
  - Consider members of the household that may be at greater risk such as [older adults & people with severe underlying health conditions](#)\*
  - Talk to your neighbors about their plan
  - Create an emergency contact list including family, friends, neighbors, carpool drivers, healthcare providers, etc.
  - Choose a room in your house that can be used to separate sick household members from others
- Take everyday preventative actions:
  - Wash your hands frequently
  - Avoid touching your eyes, nose, and mouth
  - Cover your cough or sneeze with a tissue, then throw the tissue in the trash
  - Clean & disinfect frequently touched objects and surfaces.
- Know the [signs & symptoms](#) of COVID-19 (symptoms may appear 2-14 days after exposure)
  - Fever, cough, or shortness of breath
- Know what to do if you develop **emergency warning signs** for COVID-19 (list not all inclusive, please consult with your PCP for any other symptoms that are severe or concerning):
  - Difficulty breathing or shortness of breath
  - Persistent pain or pressure in the chest
  - New confusion or inability to arouse
  - Bluish lips or face
- Know what to do if [you or a member of your household are sick](#):
  - Call your healthcare provider for medical advice
  - Stay home, do not leave except to get medical care, do not visit public areas
  - Separate sick persons from other people in your home (home isolation)
  - Wear a facemask if you are sick
  - Cover your coughs and sneezes
  - Clean your hands often
  - Avoid sharing personal household items
  - Clean all “high-touch” surfaces everyday
  - Monitor your symptoms
- Know about emergency operations plans for [schools](#)/workplaces of household members

**\*High-risk:** older adults, people with severe underlying health conditions, i.e. blood disorders (sickle cell disease or on blood thinners), chronic kidney disease, chronic liver disease (cirrhosis, chronic hepatitis), compromised immune system (seeing a doctor for cancer or treatment such as chemotherapy or radiation, received organ or bone marrow transplant, taking high doses of corticosteroids or other immunosuppressant medication, HIV or AIDS), current or recent pregnancy (in the last 2 weeks), endocrine disorders (diabetes mellitus), metabolic disorders inherited metabolic disorders or mitochondrial disorders), heart disease (congenital heart disease, congestive heart failure or coronary artery disease), lung disease (asthma, chronic obstructive pulmonary disease, impaired lung function or requiring home oxygen, neurological, neurologic and neurodevelopment conditions (disorders of the brain, spinal cord, peripheral nerve and muscle such as cerebral palsy, epilepsy, stroke, intellectual disability, moderate to severe developmental delay, muscular dystrophy or spinal cord injury).