



13 important tips for families

1. **Talk with the people who need to be included in your plan.** Meet with household members, other relatives, and friends to discuss what to do and what the needs of each person will be.
2. **Plan ways to care for those in your family who might be at greater risk for serious complications.** If you or your household members are at increased risk for COVID-19 complications, please consult with your healthcare provider for more information about monitoring your health for symptoms suggestive of COVID-19.
3. **Get to know your neighbors.** Talk with your neighbors about emergency planning. If your neighborhood has a website or social media page, consider joining it to maintain access to neighbors, information, and resources.
4. **Identify aid organizations in your community.** Create a list of local organizations that you and your household can contact in the event you need access to information, healthcare services, support, and resources.
5. **Create an emergency contact list.** Ensure your household has a current list of emergency contacts for family, friends, neighbors, carpool drivers, healthcare providers, teachers, employers, the local public health department, and other community resources.
6. **Stay informed about the local COVID-19 situation.** Get up-to-date information about local COVID-19 activity from the [California Department of Public Health](#) and the [Monterey County Health Department](#).
7. **Learn about your employer's emergency operations plan.** Check with your employer about sick-leave policies and telecommute options for when you're sick or you need to stay home to care for sick household members.
8. **Practice preventive actions now.**
 - Avoid close contact with people who are sick.
 - Cover your coughs and sneezes with a tissue.
 - Clean frequently touched surfaces and objects daily (e.g., tables, countertops, light switches, doorknobs, and cabinet handles) using a regular household detergent and water.
 - Wash your hands often
 - Staying home from work, school, and all activities when you are sick
 - Limiting close contact with others as much as possible (about 6 feet).
 - If your children are in the care of others, urge caregivers to watch for COVID-19 symptoms.
9. **Choose a room in your home that can be used to separate sick household members from those who are healthy.** Identify a separate bathroom for the sick person to use, if possible. Plan to clean these rooms, as needed, when someone is sick. [Learn how to care for someone with COVID-19 at home.](#)
10. **Stay in touch with others by phone or email.** If you live alone and become sick during a COVID-19 outbreak, you may need help. If you have a chronic medical condition and live alone, ask family, friends, and health care providers to check on you during an outbreak. Stay in touch with family and friends with chronic medical conditions.
11. **Take care of the emotional health of your household members.** Outbreaks can be stressful for adults and children. Talk with your children about the outbreak, try to stay calm, and reassure them that they are safe. www.montagehealth.org/swick-tips
12. **Keep track of school recommendations in your community.** Keep in contact with teachers and your child's school district officials regarding updates to the home school plan.
13. **Discourage children and teens from gathering in other public places while school is dismissed to help slow the spread of COVID-19 in the community.**