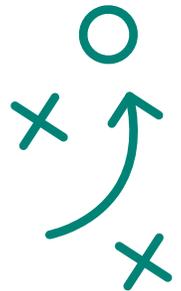


HOUSEHOLD GAME PLAN

If you suspect you have COVID-19 or receive a positive test, you may need to quarantine or isolate with little or no notice. Preparing now will help you have peace of mind. A Household Game Plan will help you think through what you need, who to contact, and how you will handle your specific situation.

PRACTICE WITH YOUR TEAM

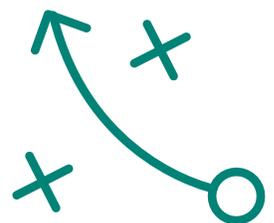
- Know the signs and symptoms of COVID-19.
- Be proactive about your mental health, physical health and over all well-being.
- Create a cleaning schedule to avoid the risk of spreading COVID-19.
- Gather information about available community resources.
- Know where you will stay during quarantine/isolation.
- Choose a room that can separate sick household members from others in your household.
- Know how children, dependents, and/or pets will be cared for.
- Create an emergency contact list (and complete a Player Profile for each household member).
- Think through a quarantine/isolation scenario, considering things like:
 - Do you need additional kitchen utensils or disposable flatware and dishes?*
 - How will you prepare your meals and keep cold items refrigerated?*
 - How will you care for your mental health and communicate with others?*



FOR ADDITIONAL SUPPORT AND RESOURCES, CONTACT THE HELPLINE CENTER (DIAL 2-1-1)

GATHER YOUR GEAR

- | | |
|---|--|
| <input type="checkbox"/> Drinking water | <input type="checkbox"/> Masks/face coverings |
| <input type="checkbox"/> Canned fruits, vegetables, and legumes | <input type="checkbox"/> Hand sanitizer and soap |
| <input type="checkbox"/> Canned soups or stews | <input type="checkbox"/> Facial tissues |
| <input type="checkbox"/> Canned or dehydrated meats | <input type="checkbox"/> Thermometer |
| <input type="checkbox"/> Dry pasta | <input type="checkbox"/> Medications |
| <input type="checkbox"/> Dried fruits | <input type="checkbox"/> Personal hygiene items |
| <input type="checkbox"/> Crackers | <input type="checkbox"/> All-purpose cleaners |
| <input type="checkbox"/> Granola bars | <input type="checkbox"/> Disinfecting wipes/sprays |
| <input type="checkbox"/> Shelf-stable beverages | <input type="checkbox"/> Trash bags |
| <input type="checkbox"/> Freeze-dried meals | <input type="checkbox"/> Gloves |



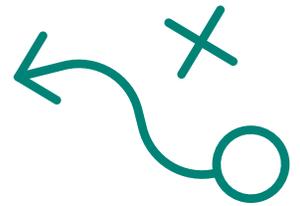
TACKLE QUARANTINE/ISOLATION

Understand the duration of your quarantine/isolation.

- Consult with your health care provider about the specific length of your quarantine/isolation time.

Stay home except to get medical care.

- Stay home. Do not leave, except to get medical care. Do not visit public areas. Do not take public transportation, taxis or ride-shares. Do not go to crowded places or participate in public activities.
- Monitor your symptoms.
- Take care of yourself. Get rest and stay hydrated. Take over-the-counter medicines.
- Stay in touch with your doctor. Call before you leave your home to get medical care.
- Follow care instructions from your health care provider. Be sure to get care if it is an emergency.



Separate yourself from other people.

- Avoid contact with others. Household members should stay in another room or be separated from you as much as possible. Household members should use a separate bedroom and bathroom, if available. If you must be around another person, wear a mask or face covering.
- Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. Wash these items thoroughly after you use them.
- Avoid contact with pets and other animals. If you must care for your pet or be around animals, wash your hands before and after interacting and wear a mask or face covering.
- Do not allow visitors.
- Tell your close contacts that they may have been exposed to COVID-19 to stop the spread.



Practice proper hygiene.

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Throw away used tissues in a lined trash can.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.



Clean and disinfect often.

- Clean high-touch surfaces frequently with a household spray or wipes including phones, counters, remote controls, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, and light switches.
- Clean and disinfect areas that may have blood, stool, or body fluids on them.
- Clean and disinfect your "sick room" and bathroom; wear disposable gloves. If a caregiver or other person needs to clean and disinfect for you, they should do so on an as-needed basis and should wear a mask/face covering and disposable gloves prior to cleaning.



PLAYER PROFILE

Complete a player profile for each member of your household, with specific health care and contact information. In case you need to jump into action, you know how to care for everyone on your roster.

FULL NAME _____ **AGE** _____

CONTACT # _____ **EMAIL** _____

CURRENT PRESCRIPTION MEDICATIONS _____

IMPORTANT MEDICAL OR HEALTH INFORMATION _____

HEALTH CARE PROVIDER _____ **CONTACT #** _____

PHYSICIAN NAME _____

EMPLOYER _____ **CONTACT #** _____

SUPERVISOR / COLLEAGUE NAME _____

SCHOOL/CHILDCARE _____ **CONTACT #** _____

TEACHER / CAREGIVER NAME _____

CARPOOL NAME _____ **CONTACT #** _____

EMERGENCY CONTACT _____ **CONTACT #** _____

EMERGENCY CONTACT _____ **CONTACT #** _____

WHERE I WILL STAY _____

SPECIAL SUPPLIES I NEED _____

OTHER NOTES _____