

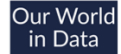


T4: Household Lockdown

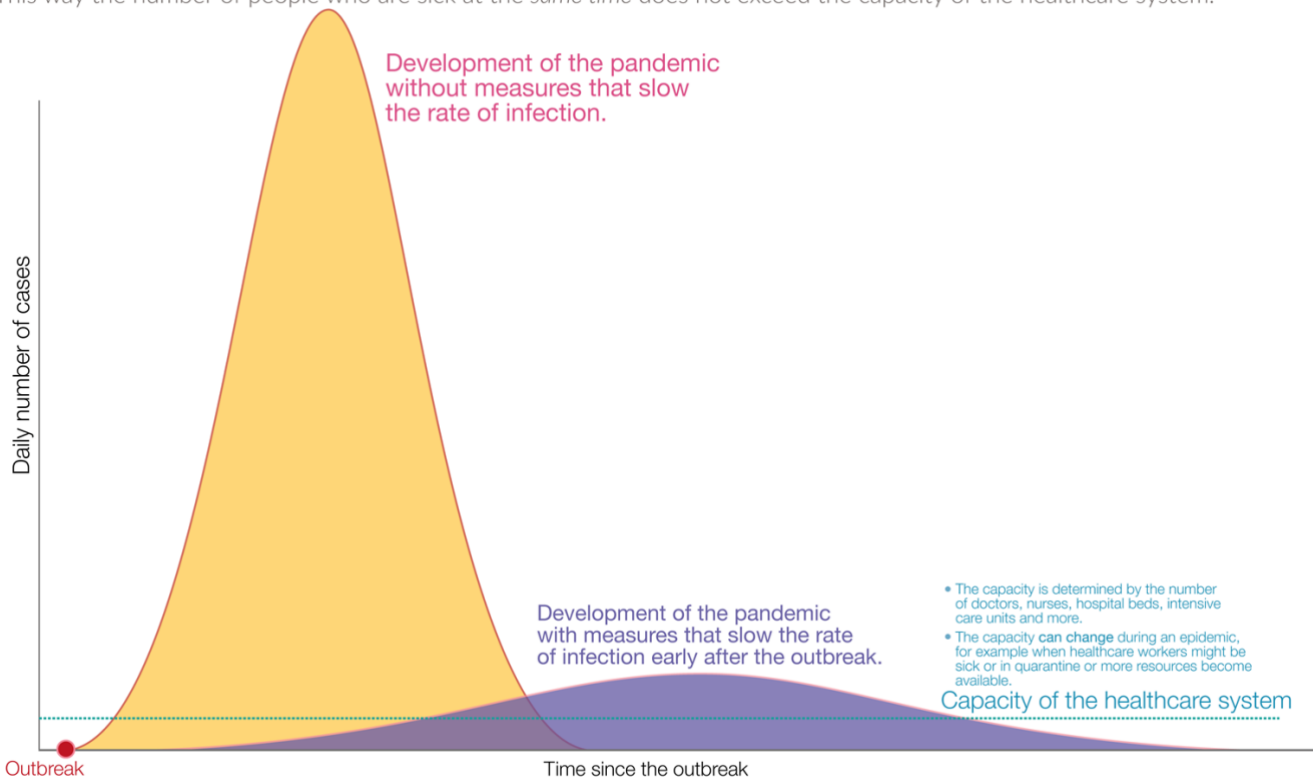
How does this help you and your loved ones?

It is very important that household members stay at home. Staying at home will help prevent coronavirus entering your household, control the spread of the virus to friends, the wider community, and particularly the most vulnerable and ultimately 'flatten the curve' and save lives.

In the outbreak of an epidemic *early* counter measures are important



Their intention is to 'flatten the curve': to lower the rate of infection to spread out the epidemic. This way the number of people who are sick at the *same time* does not exceed the capacity of the healthcare system.



Based on the Centers for Disease Control and Prevention
OurWorldinData.org – Research and data to make progress against the world's largest problems.

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In the coming weeks, unless your household has been isolated and symptom free for 14 or more days, behave as if you or someone else in the household has coronavirus. This encourages us all to adapt our behavior so we are better prepared in the event someone does develop symptoms.



Waiver

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What You Need

- Materials to make a plan (eg paper, pen, computer printer)
- T3-Essential Supplies that you will need for your preparations for the extended period at home
- T1-Coronavirus Symptom Tracker

Make a Plan for Your Household

Plan for how you can adapt your daily routine, and that of others in your household, to be able to follow this advice. The plan assumes you have a phone or access to a phone. Some of the ways in which you could prepare include:

- talk to your neighbors and family and exchange phone numbers of household contacts (40 Phone & Email Contact List Templates)
- make a plan for those in your home who are considered vulnerable, particularly if you household contains both young children and vulnerable persons
- create an emergency contact list with phone numbers of neighbors, schools, employer, chemist, healthcare provider, pharmacist, the local public health department, and other community resources (40 Phone & Email Contact List Templates)
- create a list of local and national essential service providers and aid organizations that can deliver essential supplies to your household (40 Phone & Email Contact List Templates)
- what practical measures that you going to take to maintain social distancing?
- plan for a 'separation area' for any household members who develop or have symptoms ([T6-Making a 'Separation Area'](#))
- make sure you know what action is recommended in your area if coronavirus symptoms worsen ([T2-Guidelines for People with Coronavirus Symptoms](#))
- make a plan for how you will take receipt of packages without coming into close proximity with the delivery person and plan for how you will handle any food delivered to the house (Food Safety Tips)
- how can you make it easy for your household to routinely wash their hands in designated area(s)?
- how are you planning to dispose of used tissues that have been used by household members coughing or blowing their nose?
- Print a copy of the [T1-Coronavirus Symptom Tracker](#)
- Print a copy of the [T5-Notice to Visitors](#)

Sources: Adapted from CDC, GOV.UK,



Stay at Home for a Minimum of 14 Days

Guidance varies from country-to-country, but this list seems to be almost universal. Items in the list below should not take precedence over your country guidance:

- Even if you or a household member has coronavirus symptoms, **do not go outside** unless:
 - you have been defined as an **essential service worker** in your country and your work cannot be done from home
 - you **have no food** and you are absolutely unable to have it delivered to your door
 - you have been instructed to by a healthcare professional for **health reasons**
 - you undertake routine **exercise** outside for no more than one hour per day and live in an area with low population density where you will not encounter anyone else
- **Practice Preventative Actions (click image to jump to external source)**
 - **Avoid close contact** with people





- **Wash your hands** when needed for at least 20 seconds



- **Cover your mouth** and nose with your bent elbow or shoulder when you cough or sneeze



- **Avoid touching** eyes, nose and mouth
- Clean and **disinfect** frequently touched objects and surfaces



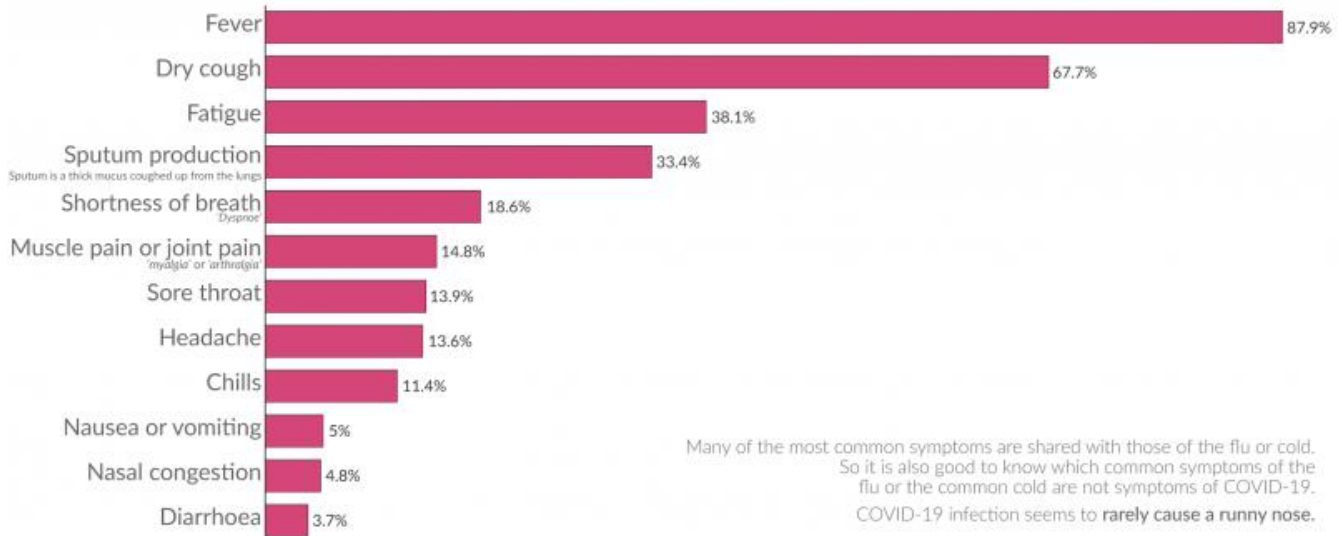


- **Watch out for symptoms**

The symptoms of coronavirus disease [COVID-19]



The most common signs and symptoms of 55,924 laboratory confirmed cases of COVID-19. Reported from China in the period up to February 22, 2020



Data source: World Health Organization (2020). Report of the WHO-China Joint Mission on Coronavirus Disease 2019 (COVID-19). Symptoms in fewer than 1% are not shown. OurWorldinData.org – Research and data to make progress against the world's largest problems. Licensed under CC-BY by the authors.

- Measure the **temperature** of those in your household daily. It is very important that you sanitize the thermometer, with either rubbing alcohol or lukewarm soapy water, before and after it is used for every person in the house, particularly if it is an oral thermometer. (How to Sanitize a Thermometer)
- Record any significant changes in **cough** each day for everyone in the household
- **T1-Coronavirus Symptom Tracker** is designed to make the recording of symptoms easy
- **T2-Guidelines for People with Coronavirus Symptoms**

Source: Adapted from WHO, CDC

What to do if you think you have symptoms?

The advice varies from country to country, so make sure you know what to do before you need to act. A helpful summary of the recommendations for some English speaking countries has been collated on **T2-Guidelines for People with Coronavirus Symptoms**.