



CORONAVIRUS

EMERGENCY PREPAREDNESS TO-DO-LIST

1. Talk about the virus with your family and organizations. Arrange a meeting or conference call at once.
2. Secure all means of self-defense for family and organization(s) including weapons and ammunition.
3. Design wellness and safety kits.
4. Post emergency numbers 211, 311, doctor offices and personal contacts in your facility.
5. Stay updated on local school district websites.
6. Stay indoors and avoid all crowds. Just stay home.
7. Practice good hygiene. Wash your hands! (See Black-Empowerment Emergency Precautions)
8. Build your immune system now. (See Black-Empowerment Emergency Precautions)
9. Check-on the elderly by phone.
10. Book appointments (doctors, MVA, therapy, school, etc.) to avoid crowds.
11. Exchange resources with other groups.
12. Stay tuned to Black-Empowerment.com
13. Institute anti-anxiety remedies (Meditation, Prayer, Exercise, Yoga)



[Black-Empowerment.com/coronavirus](https://black-empowerment.com/coronavirus)