

# PLAN NOW, BE PREPARED LATER

Create a household plan of action to ensure proper quarantine or isolation in case of potential or confirmed COVID-19 sickness.

For **essential activities outside of home**, such as work or groceries, limit the number of household members leaving the home.



If required to share a car, keep distance, wear masks, and allow for fresh air to circulate.

Stay home as much as possible, do **not gather with others** outside of your household, and do **not accept any visitors**.

When in public or sick at home, **wear masks, avoid crowds, and social distance**.



Wash your hands often with soap and water or use an alcohol-based hand sanitizer, both for at least 20 seconds.



Cover your cough or sneeze with a tissue or inside your elbow. Do not touch eyes, nose, or mouth with unwashed hands.



Clean and disinfect frequently touched objects and surfaces, like door handle, phone, or steering wheel.



Hand sanitizer with at least 60% alcohol content

Upon return home, remove jacket and shoes, and leave them outside of home. Wash your hands. If possible, change out of clothes and shower.



Have at least **two weeks of essential supplies, medicines, and food** for your household, especially for those at greater risk for serious complications.



Choose a room that can be used to **separate sick household members** from others and think through logistics around safe conduct and care.



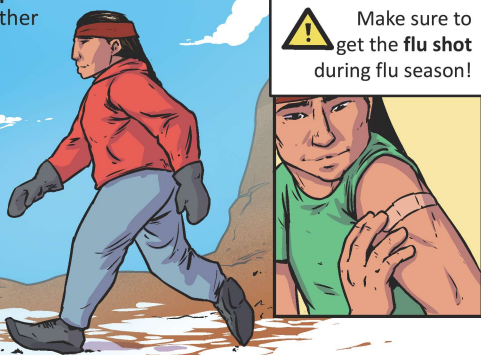
Talk to your **employer** about their emergency operations plan.



Maintain a **healthy lifestyle**, including regular exercise, healthy diet, adequate rest, and daily supplements as needed (e.g. Vitamin D, multivitamins, Vitamin C, Vitamin B12).

Consult your **traditional practitioner or healthcare provider** on ways to further support your health.

**!** Make sure to get the **flu shot** during flu season!



If **people at higher risk** must care for children in their household, the children in their care should not have contact with individuals outside the household.



Create an **emergency contact list** in case of sickness so that you can notify others and seek support if needed.

**COVID-19 relief support:**  
1.833.956.1554 or  
navajohopisolidarity.org

**More info on COVID-19:**  
CDC.gov/coronavirus



Content is **not** intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.