

CORONA VIRUS 19 PREPAREDNESS PLAN – family 😊

Background:

COVID19 has caused many communities, towns, cities, states and countries around the world to go into home quarantine. Before Victoria or Australia does this as well, you will want to make sure you and your family are comfortable at home. This Preparedness plan is designed to help you double-check your own plans.

Store water, food, and other essentials

Prepare to be comfortable at home for at least two months. You may be unable to get to a store, or stores may not be open or may have limited supplies for weeks. Public services and utilities may also be disrupted, so prepare for outages in electricity, water, and garbage services. Keep extra supplies on hand (they can also be useful in other types of emergencies, such as power outages and natural disasters).

No need to buy crazy stuff you would never eat – just buy normal stuff you would eat but stock up with a lot more than you would normally buy.

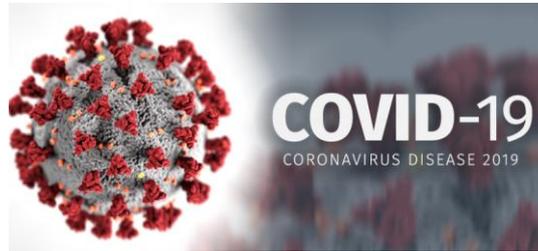
Examples of food:

- Canned tuna, fish, meats, etc.
- Packet pastas & soups, rice, canned beans, fruits, vegetables,
- Cereals, Protein & fruit bars, baker's flour, sugar, oil, honey
- UHT, fruit juices & plenty of bottled water!!
- Dried fruit, nuts, crackers, biscuits, etc.
- Peanut butter and vegemite
- Comfort food, including chocolates, cookies, lollies, coffee, tea
- Baby formula and canned or jar baby food

Examples of emergency supplies:

- Pet food, cat litter
- Disposable nappies, feminine hygiene supplies
- Torches / candles / matches / Portable radio
- Batteries for radio, torches, radios, games, thermometers
- Can & bottle opener
- Clothing covers for the person who has been designated to look after an ill family member.
- Plastic garbage bags, toilet paper
- Entertainment—games, crafts, books, movies, etc.
- Supplies for persons with special needs—the elderly or disabled
- Cash - smaller denominations

*Please note: this is not advice of any kind and not to be considered instead of medical advice!



Make household emergency plans

- Prepare for possible changes in healthcare. For example, medical advice and healthcare may be more difficult to obtain during a severe pandemic and healthcare providers and medical facilities may be overwhelmed. There may not be enough medical supplies, healthcare providers, and hospital beds for all persons who are ill.
- Decisions about who receives medical care and how much treatment can be administered will be necessary.
- Consider if you are unable to get to a hospital, how the ill in your family will be treated.
 - Where will be the quarantine area in your house / is there a separate bathroom, toilet, (main bedroom often a good choice)
 - Consider protocols for entering the quarantine area – Personal Protective Clothing, windows open, providing entertainment / t.v., books, etc.
 - Allocate one primary person only to care for the ill person.
- In a severe pandemic, you may be advised to stay away from others and from public places as much as possible. Plan to limit the number of trips you take to shops. Also, remember public transport will be limited / avoided.
- Plan how you will care for people in your family who have disabilities or illnesses if support services are not available.
- Decide who will take care of children if schools are closed.
- For general preparedness, agree on a point of contact where all family members can check-in if you are separated during any emergency.

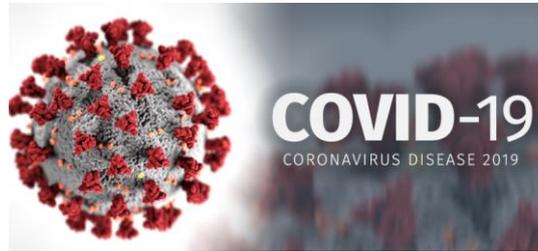
Store medical and health supplies

Get an extra supply of your regular prescription drugs. Keep health supplies and non-prescription drugs on hand.

Examples of medical and health supplies*:

- Prescribed medicines and supplies
- Soap, Alcohol-based hand sanitisers
- Medicines for fever and pain, such as Panadol and Nurofen (& for kids)
- As it's a respiratory virus, medicines which will help with breathing, coughs – associated with asthma, bronchitis, may be beneficial.
- Diarrhea treatments and medicine
- Throat lozenges / Cough syrups / respiratory easing medication (Ventolin)
- Thermometer
- First aid and basic medical books
- Multivitamins – your family's diet may not be as healthy as normal
- Fluids with electrolytes, like Gatorade in case

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Passing the time:

- Work with your school regarding whether online teaching can occur
 - Have online applications tested
- Connect Foxtel / Netflix and possibly increase your internet bandwidth
- Have a home library available for all family members
- Board games, ball games as well outside activities

Prevent the spread of the virus

- Stay home from work and school when you (or close contacts) are sick.
- Stay away from others as much as possible when they are sick.
- Wash hands frequently. Use soap and water or an alcohol-based hand cleaner
- Cover your mouth and nose when coughing and sneezing. Try using the crook of your elbow or your shoulder for cover, instead of hands.
- Throw away used tissues right away. If you use tissues to cover your cough or blow your nose, dispose of them in the nearest rubbish bin immediately after use, then wash hands.
- Set an example for your children. Show them how to limit the spread of viruses and germs.
- If you need to go outside, wear Protective Clothing – masks, gloves, glasses. The masks & glasses will help you not touch your mouth, nose or eyes.
- Consider how quarantining an infected loved-one will work in your household; who will be the person assisting them, what PPE will they wear and how will they be protected?

Consider discussing plans with your neighbours and whether pooling resources would assist / quarantine areas, etc. The people who can come to your aid the soonest, are often your neighbours so consider co-ordinating your plan with them....if they are like-minded of course!

Feel free to contact me if you would like someone to bounce your ideas / concerns with on 0411 258 058 or harry@findingmoney.com.au

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