

ARE YOU PREPARED? ■

Emergencies can happen at a moment's notice. The recent COVID-19 pandemic creates a need to have a plan in place. Mobility, hearing, learning, or seeing disabilities can create specific needs that individuals need to address to be able to respond to an emergency. We urge all of our clients to have an emergency plan in place and be prepared for any urgent situation that may occur.



HOME PREPAREDNESS

- Groceries
- Drinks
- Hygiene



MEDICAL

- Prescriptions
- OTC Medications
- First Aid Kits



MENTAL HEALTH

- Entertainment
- Social Distancing
- Staying Educated



PREPARING TO BE HOME BOUND

EMERGENCY CHECKLIST COVID-19



<https://www.galaxybraincenter.com/>



BE PREPARED



NO INTERNET?

Many companies are offering FREE internet during this unprecedented time, if you need more information contact your local providers,



CARETAKER INFO

If your caretaker gets sick ensure you have sufficient backup caregivers in case your regular caregiver cannot work.

EMERGENCY CHECKLIST

FOOD

- 2 weeks of non-perishable food
 - Canned foods (soups, vegetables, fruits)
 - Other nonperishables (grains, pastas, rice)
 - Dehydrated foods
 - Snacks (chips, crackers, nuts)

DRINKS

- 2 weeks supply of drinks
 - Water (one gallon per person per day)
 - Water filters
 - Hydrating drinks (Gatorade or Pedialyte)

HYGIENE

- Antibacterial Soap
- Handsanitizer with high alcohol content
- Toilet paper
- Tissues
- Disinfecting wipes
- Feminine care products
- Laundry detergent
- Dish soap/detergent

MEDICAL

- 30 days supply of all medication
 - Over the counter (pain reliever, cough suppressants, antihistamines)
 - Prescriptions (make sure you have refills available)
- First aid Kit (bandages, antiseptic wipes)

HOME SUPPLIES

BABY SUPPLIES

- Bottles, Formula, Food and Diapers/Wipes

PETS

- Pet food, Pet Hygiene (straw, litter)

GEAR

- Emergency Kits
- Batteries

ENTERTAINMENT

- Streaming Services

Netflix, Hulu, Disney Plus, Amazon Prime



MASK SHORTAGE

Barrier protection with PPE is under a national shortage.

If possible please make your own mask at home

[w.instructables.com/id/DIY-Cloth-Face-Mask/](https://www.instructables.com/id/DIY-Cloth-Face-Mask/)

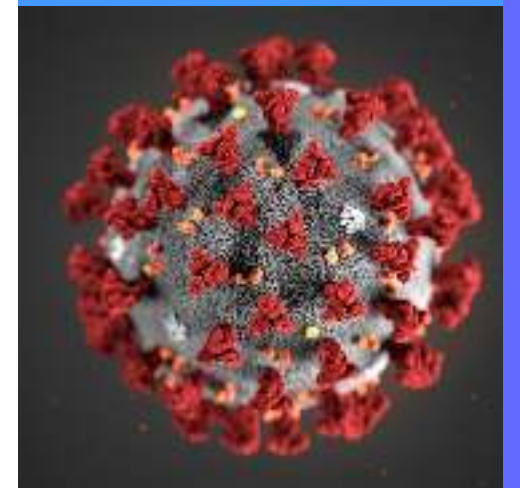
PREVENTION

- Stay away from crowds
- Practice social distancing
- Wash hands frequently (for 20 seconds with warm water and soap)
- Cough/Sneeze into your elbow
- Throw away used tissues
- Keep hands away from face

- Enroll in emergency alert systems
- Bookmark the website or Facebook page of your local health department
- Plans for kids if schools/daycares close

IF YOU GET SICK

- Call a doctor
- Work from home
- Don't share with others
- Separate yourself from other household members
- Wash high-touch surfaces daily
 - Doorknobs
 - Light Switches
 - Toilet seats/handles
 - Counter tops
 - Cell Phones
 - Laptops/Tablets



SIGNS AND SYMPTOMS

- FEVER
- COUGH
- SHORTNESS OF BREATHE



LINKS & RESOURCES

Important COVID-19 Websites:

- [World Health Organization](#)
- [CDC COVID-19 Website](#)

Food Resources for the State of Michigan:

• [Bridge](#)- Michigan families can get food, cash, internet during coronavirus pandemic

• [Food Delivery Resources](#)

• [Find a food pantry near you](#) if you are in need of food

Department of Health and Medical Resources Websites:

- [List of Michigan Health Departments](#): Check with your local health department for local updates on what is happening or for any potential exposure locations within your county.
 - NEW: MDHHS COVID-19 Hotline operates from 8am-5pm every day at 1-888-535-6136
 - NEW: Detroit Health Department 24-Hour Hotline for COVID-19 and health-related questions 313-876-4000
- [Hotlines Available in Michigan](#)- for help during coronavirus outbreak in Michigan

Non-Profit Assistance:

- [Michigan Community Action Agencies](#)- member service network dedicated to helping those in need throughout the state.
- [USA.gov/help-with-bills](#) For information on how to find assistance paying bills



CREATED BY

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Occupational Therapy Students