

Preparedness
Playbook for

Everyone



FAMU Cooperative Extension Program

1740 Martin Luther King, Jr. Blvd.

215 Perry Paige Building South

Tallahassee, Florida 32307

Phone: 850-599-3546

Fax: 850-561-2151

TDD: 850-561-2704

Protect Yourself: Preparing for a Pandemic



What's the difference between pandemic and epidemic?

Pandemic – occurring over a wide geographic area and affecting an exceptionally high proportion of the population

Epidemic – affecting or tending to affect a disproportionately large number of individuals within a population, community, or region at the same time

- Store basic supplies.
- Stock up on cleaning supplies (bleach, disinfectants), as well as sanitizers and tissues.
- Check your regular prescription drugs to ensure a continuous supply in your home. Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- Get copies and maintain electronic versions of health records from doctors, hospitals, pharmacies and other sources and store them, for personal reference. Get help accessing electronic health records.
- If a suitable vaccine is publicly available and recommended by local health authorities, considering taking it.
- Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.
- Keep alert of updated information, tune into national and local news, follow reputable social media sites
- Follow orders as issued by local, state and federal authorities



Basic supplies include:

- Water — at least one gallon per person per day
- Canned or dried food (including high-protein sources)
- Household-cleaning supplies (bleach, disinfectant sprays)
- Battery-powered radio
- Manual can opener
- Flashlight
- Extra batteries
- Thermometer
- Non-aspirin pain reliever
- Extra bath and hand soap
- Prescription medication and first-aid kits
- Paper and pencil to keep a record of symptoms and to jot down questions



Sources:
www.ready.gov
US Centers for Disease Control and Prevention

KNOW THE TERMS

SHELTER-IN-PLACE vs SOCIAL DISTANCING

What is the difference between “shelter-in-place” and “social distancing”?

Social distancing is deliberately increasing the physical space between people to avoid spreading illness. Shelter-in-place is a more rigorous form of social distancing. There are some differences. In general, shelter-in-place means

- stay home
- only go out for “essential activities,” to work for an “essential business,” or for “essential travel” as those terms are defined by local orders (*Check with your local authorities for specific details*) Be sure to adhere to curfews, if imposed
- avoid close contact with people outside your household or small circle
- no gatherings of 10 or more people

The other principles of social distancing and mitigative hygiene should be applied:

- wash your hands frequently
- use hand sanitizer
- avoid touching your eyes, nose, and mouth
- stay home when you are sick
- cover your cough or sneeze with a tissue, then throw the tissue in the trash
- clean and disinfect frequently touched objects and surfaces
- stay at least six feet away from others

Protect Yourself: STAY STILL

KNOW THE TERMS

What Is Social Distancing?

Social distancing is a way to keep people from interacting closely or frequently enough to spread an infectious disease. Schools and other gathering places such as movie theaters may close, and sports events and religious services may be cancelled.

What Is Quarantine?

Quarantine separates and restricts the movement of people who have been exposed to a contagious disease to see if they become sick. It lasts long enough to ensure the person has not contracted an infectious disease.

What Is Isolation?

Isolation prevents the spread of an infectious disease by separating people who are sick from those who are not. It lasts as long as the disease is contagious.

The CDC defines social distancing as it applies to COVID-19 as "remaining out of congregate settings, avoiding mass gatherings, and maintaining distance (approximately 6 feet or 2 meters) from others when possible." Limit events or gatherings to 10 people or less.

Examples of "congregate settings" the CDC warns about would be:

- Crowded public places such as shopping centers, movie theaters , stadiums or beaches
- Conferences
- Classes
- Mass transit
- Sporting events

Avoid public places if you cannot stay six feet away from other people

Avoid crowded restaurants and bars

Opt for delivery, drive-thru and take-out

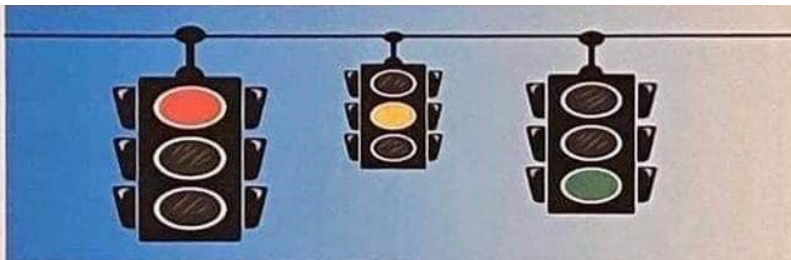
Avoid self-serve buffets

Go to grocery stores early in the morning or off-hours to avoid crowds

Limit your visits and keep your distance from your older adults

Stay calm

Cooperate with authorities' mandates



AVOID	USE CAUTION	SAFE TO DO
Group Gatherings Sleepovers Play Dates Concerts Theatre Outings Movie Theaters Fairs/Festivals Athletic Events Crowded Retail Stores Malls Non-Essential Travel Bars & Restaurants Crowded Beaches Visitors in Your Home	Visiting a Grocery Store Pick Up & Delivery of Food Picking Up Medica- tions Essential Travel Mass Transit	Take a Walk Go for a Hike Yard Work Play in Your Yard Clean Out Closet Read a Good Book Listen to Music Cook a Meal Family Game Night Go for a Drive Group Video Chats Stream a Favorite Show Call or Text a Friend Call or Text an Elder- ly Neighbor

There is no fail-safe method and the best thing you can do right now is limit your contact with others, as recommended by the CDC.

Social distancing is the best way to slow the spread.

Protect Yourself: Cover Your Face

As a precaution to slow the spread of the coronavirus, the Centers for Disease Control and Prevention urges the usage of homemade face masks and coverings for the public.

The U.S. Centers for Disease Control and Prevention reports that recent studies indicate “a significant portion of individuals with coronavirus lack symptoms (“asymptomatic”) and that even those who eventually develop symptoms (“pre-symptomatic”) can transmit the virus to others before showing symptoms.”



- For specific guidance, refer to CDC “Use of Cloth Face Coverings to Help Slow the Spread of COVID-19.”
- Before putting on face covering wash hands with soap and water. If not available, clean hands with alcohol-based hand sanitizer.
- Mask should cover your mouth and nose.
- Try not to touch the mask while wearing it and remember to avoid touching your face.
- Remove mask from behind. Do Not touch the front of the mask.
- Wash hands immediately with soap and water. If not available, clean hands with alcohol-based hand sanitizer.
- Keep cloth face coverings clean - ideally after each use or daily. Wash with detergent and hot water; dry on a hot cycle or at least wash with hot, soapy water.

***Alcohol-based hand sanitizer should contain at least 60% alcohol.**

SLOW THE SPREAD: Limit the Spread of Germs and Prevent Infection

- **Wear a face mask or cloth face covering**, when going out in public (especially to places like the grocery store or pharmacy)
- **Avoid close contact**, keep 6-feet apart from other people
- **Wash your hands** often especially after touching frequently used items or surfaces
- **Avoid touching your eyes, nose or mouth**
- **Cover your mouth and nose** with a tissue when coughing or sneezing
- **Clean and disinfect** frequently touched items and surfaces
- **Avoid large gatherings** of 10 or more persons
- **If you are an older person or have a serious underlying health condition**, stay home and away from others
- **Practice other good health habits**

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food

Protect Yourself: Wash Your Hands



Limit the Spread of Germs and Prevent Infection

- **Avoid close contact** with people who are sick.
- When you are sick, **keep your distance** from others to protect them from getting sick too.
- **Cover your mouth and nose** with a tissue when coughing or sneezing.
It may prevent those around you from getting sick.
- **Washing your hands** often will help protect you from germs.
- **Avoid touching your eyes, nose or mouth.**
- **Practice other good health habits.**

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Wash Your Hands Often to Stay Healthy



You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- **Before, during, and after** preparing food
- **Before** eating food
- **Before and after** caring for someone at home who is sick with vomiting or diarrhea
- **Before and after** treating a cut or wound
- **After** using the toilet
- **After** changing diapers or cleaning up a child who has used the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats
- **After** touching garbage

The U.S. Centers for Disease Control and Prevention cite washing hands with soap as one of the “most effective ways to prevent the spread of many types of infection and illness in all settings.” Washing your hands is easy, and it’s one of the most effective ways to prevent the spread of germs. Studies have shown that handwashing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the flu.

Follow these five steps every time.

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least **20 seconds**. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

If soap and water aren’t available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Generations United® COVID-19 Fact Sheet for Grand families and Multigenerational Families

Our country and the world are facing a pandemic unlike any of us have seen before. People over the age of 60 and those with compromised immune systems are among the highest-risk populations COVID-19 is impacting. While grandparents are being advised to isolate themselves physically from grandchildren, it is nearly impossible for older caregivers to distance themselves from the children they are raising. You are on the front line for your family every day. Today's challenges are making it much tougher to care for them. It's important to stay calm and do everything you can to stay healthy, informed and connected.

People Who Are at Higher Risk for Severe Illness

COVID-19 is a new disease and there is limited information regarding risk factors for severe disease. Based on currently available information and clinical expertise, **older adults and people of any age who have serious underlying medical conditions** might be at higher risk for severe illness from COVID-19.

Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- People 65 years and older
- People who live in a nursing home or long-term care facility

People of all ages with underlying medical conditions, particularly if not well controlled, including:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
- Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

How to Prevent the Spread of COVID-19 While Doing Laundry

Keep Contaminated Laundry Separate

- While experts don't know exactly how long the new coronavirus (officially called SARS-CoV-2) remains infectious on clothes and other fabrics, early research shows that the virus can survive on cardboard for no longer than 24 hours and on metal and plastic for up to 72 hours. So it's possible that the virus may remain infectious on clothes for hours to days, though there is no data available on that yet.

Handle Soiled Items With Care

- When you handle the dirty laundry of someone who is sick or has been exposed to the coronavirus—especially if there are bodily fluids on the items—wear disposable gloves if possible, and throw them away after each use, according to the Centers for Disease Control and Prevention.
- You could also wear reusable gloves, but be sure to wear them only when cleaning and disinfecting items or surfaces that have been exposed to the virus. Then keep the gloves in a separate bag. After taking off the gloves, wash your hands for at least 20 seconds in soap and water.
- If you don't have gloves, do the laundry with your bare hands, and wash your hands thoroughly after you're done touching contaminated items. Also be extra mindful to keep your hands away from your face throughout this process.

Use Your Detergent of Choice



- Wash contaminated clothes and linens as you normally would, but “launder items using the warmest appropriate water setting for the items and dry items completely,” the CDC says.
- While the CDC does not specifically recommend using a detergent plus bleach, the International Scientific Forum on Home Hygiene states that bleach may help inactivate viral microbes in the wash. So if you're washing whites and light colors, you could add bleach to the load. Or you could use a detergent that contains a color-safe bleach if it's appropriate for the fabric.

Sanitize High-Touch Surfaces

- After you put the dirty laundry in the washer, disinfect surfaces in the laundry area that may have become contaminated by the virus, such as the knobs and the door pull on the washing machine.
- Also clean the laundry bin with bleach or other household disinfectant after you've removed the dirty clothes.

Practice Social Distancing in Laundromats

- If you're using a shared laundry facility, whether that's in an apartment building or a laundromat, it's also important to disinfect handles and other surfaces before you touch the machines so that you don't pick up any viral microbes that may be present.
- But the most crucial thing to keep in mind when in a shared laundry space is to stay at least six feet away from anyone else who is there.



Grocery Budgeting During COVID-19

1. Plan meals ahead, make a grocery list and make sure you stick to it!
2. Search the internet for coupons
3. Avoid grocery shopping when you're hungry
4. Try these grocery store hacks:

- ◇ Check unit prices to see what is the best deal. The price label will tell you how much an item cost per ounce, pound, or piece.
- ◇ Buy generic or store brands. Pass on the name-brand items.
- ◇ Buy "must go" and "must sell" items. You will find these in the bakery, meat department, and dairy section.
- ◇ Trade in your fresh vegetables for frozen vegetables. They cost less and will last longer.
- ◇ Without hoarding, purchase staple and pantry items in bulk, especially if they're on sale: things like pasta, rice, beans, cereal (hot and cold), sugar, flour, corn meal, and canned goods.



5. Have a single-dish meal once a week
6. Try meatless Mondays
7. Redefine dinner
Instead of your dinner standards, you can try a hot breakfast or lunch for dinner.
8. Make leftovers
9. Repurpose your leftover dinners for lunch the next day.
10. Partner shop
Shop with someone else from your household, like a roommate or family member. Share the cost and split the groceries.

10 BUDGET FRIENDLY AND HEALTHY SNACKS



1. Raisins or other dried fruits are sweet treats that are always in order.
2. To get in more protein, try a flavored tuna package and a few crackers.
3. Small packages of mixed nuts can give you healthy fats along with some protein.
4. Whole fruit is mother nature's snack on the go.
5. Hard-boiled eggs are a nice way to increase your protein intake.
6. Get in a serving of veggies with baby carrots and light dressing.
7. Granola bars are travel friendly and filling.
8. Apple slices and peanut butter provide a nice ratio of fats and carbohydrates.
9. Deli Meat Roll-Ups (deli turkey or ham, and tortilla) are tasty and easy to make.
10. Low fat yogurt is full of probiotics which are helpful for your digestive system.

Information courtesy of www.womenshealthmag.com

How Youth Can Protect Their Mental Health During Coronavirus (COVID-19)

6 Strategies For Teens Facing A New (Temporary) Normal.

Feeling sad, stressed or angry while coping with **COVID-19** is normal. It's not only the fear and anxiety about the coronavirus disease but also being away from schools, friends and relatives. Adjusting to new ways of learning and working is hard. But guess what? You are not alone.

Recognize that your Anxiety is Completely Normal

If school closures and alarming headlines are making you feel anxious, you are not the only one. In fact, that's how you're supposed to feel. Anxiety is a normal and healthy function that alerts us to threats and helps us take measures to protect ourselves.

(Damour-UNICEF 2020).



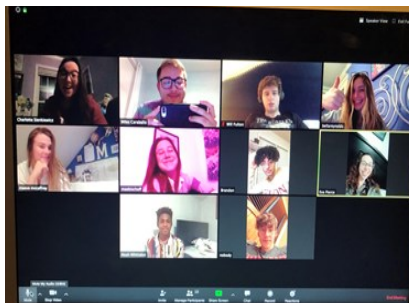
Create Distractions

It is okay that you can do nothing about what is happening, but one thing that helps us to deal with that is creating distractions for ourselves. Do homework, watch a favorite movie, or get in bed with a novel as ways to seek relief and find balance in the day-to-day.

*Do not focus on what you can not do.
Focus on what you can do.*

Find New Ways to Connect with Your Friends

If you want to spend time with friends while you're practicing social distancing, social media is a great way to connect. Get creative: Join in a Tik-Tok challenge like #safehands. Remember to work out a screen-time schedule with your parents.



Focus on You

Have you been wanting to learn how to do something new, start a new book or spend time practicing a musical instrument? Now is the time to do that. Focusing on yourself and finding ways to use your new-found time is a productive way to look after your mental health.



Feel Your Feelings

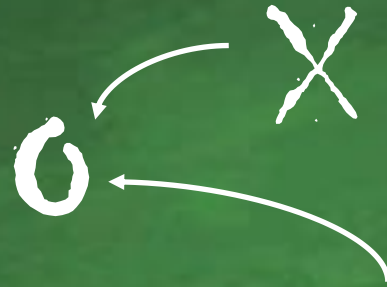
Missing out on events with friends, hobbies, or sports matches is incredibly disappointing. "These are large-scale losses. They're really upsetting and rightly so to teenagers," says Dr. Damour. The best way to deal with this disappointment? Let yourself feel it. "When it comes to having a painful feeling, the only way out is through. Go ahead and be sad, and if you can let yourself be sad, you'll start to feel better faster."



Be Kind to Yourself and Others

Some teens are facing bullying and abuse at school due to coronavirus. If you witness a friend being bullied, reach out to them, and try to offer support. Doing nothing can leave the person feeling that everyone is against them or that nobody cares. Your words can make a difference.





ESTABLISH YOUR GAME PLAN



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