



**During a pandemic; personal, community, and environmental preparedness are critical. Acting now can help protect you and those you care about.**

## **BEFORE someone in your household is exposed to COVID-19: PLAN**

### **Develop a plan of action with your household contacts and neighbors**

- Plan for those who are more likely to experience complications from COVID-19 illness
- Identify ways to access resources in your community
  - Call the Wright County Coronavirus Hotline: 763-682-7607
  - Visit [www.co.wright.mn.us/948/resources](http://www.co.wright.mn.us/948/resources)
  - Follow your local community's Facebook pages
- Develop an emergency contact list
- Stay informed on the local COVID-19 situation
  - [www.co.wright.mn.us/945/Coronavirus-COVID-19](http://www.co.wright.mn.us/945/Coronavirus-COVID-19)
- If you need assistance in following these guidelines, call the Wright County Coronavirus Hotline

### **Practice good health habits**

- Avoid close contact with people who are sick
- Stay home when you are sick, unless emergency medical care is necessary
- Cover your coughs and sneezes
- Wear a mask/cloth face covering in public
- Clean high-touch surfaces frequently (remote controls, door handles, light switches, etc.)
- Wash your hands with soap and water for at least 20 seconds after touching your face, before eating, and after using the bathroom, or use a hand sanitizer that contains at least 60% alcohol

### **Purchase a two weeks' stock of necessities**

- Non-perishable food
- Soap, hand sanitizer, and cleaning supplies
- Pet supplies
- Baby supplies
- Medication you take regularly or may need if you get sick
- Thermometer
- Brain stimulating activities

### **Designate an isolation room**

- Decide what bedroom/bathroom could be used if someone in your household gets sick
- If close contact is necessary between you and other household members, wear masks
- Clean high touch surfaces frequently, as noted above
- Wash your hands or use hand sanitizer, as directed above

### **Plan for changes with work**

- Discuss working remotely and understand your sick leave options with your employer
- If someone in your house gets COVID-like symptoms, stay home for at least 14 days

**IF someone in your household is symptomatic or exposed to COVID-19: ACT**  
**Isolation and quarantine guidelines** ([www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html](http://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html))



- Isolation – people showing COVID-19 symptoms
- Quarantine – people exposed to COVID-19 but not showing symptoms

### Reach out to neighbors, friends, and family

- If you or someone in your household becomes sick, you may need help from others to get essential items like medication and food
- Maintain social connectedness using technology (Skype, FaceTime, etc.)

### Continue practicing everyday preventative actions

- Avoid close contact with people who are sick
- Stay home when you are sick, except to get medical care
- Cover your coughs and sneezes
- Clean high-touch surfaces frequently
- Wash your hands or use hand sanitizer, as directed above

### Learn about testing options

- Many facilities are testing symptomatic individuals; an appointment may be required
- Testing in Minnesota: [www.mn.gov/covid19/for-minnesotans/if-sick/](http://www.mn.gov/covid19/for-minnesotans/if-sick/)

### Inform your workplace and/or children's childcare facility

- If you're not feeling well or have been exposed to someone with suspected/known COVID-19
- If your child is sick or has been exposed to someone with suspected/known COVID-19
  - o For further guidance, call MDH's Childcare Hotline: 651-297-1304

## Other Resources

### Wright County

- Situation summary: [www.co.wright.mn.us/945/Coronavirus-COVID-19](http://www.co.wright.mn.us/945/Coronavirus-COVID-19)
- Local resources: [www.co.wright.mn.us/948/Resources](http://www.co.wright.mn.us/948/Resources)
- Donation sites: [www.co.wright.mn.us/DocumentCenter/View/19094/Local-Donation-Sites](http://www.co.wright.mn.us/DocumentCenter/View/19094/Local-Donation-Sites)

### State of Minnesota

- Situation summary: [www.health.state.mn.us/diseases/coronavirus/situation.html](http://www.health.state.mn.us/diseases/coronavirus/situation.html)
- Strategies to slow the spread: [www.health.state.mn.us/diseases/coronavirus/action.html](http://www.health.state.mn.us/diseases/coronavirus/action.html)
- Protecting yourself and family: [www.health.state.mn.us/diseases/coronavirus/prevention.html](http://www.health.state.mn.us/diseases/coronavirus/prevention.html)
- Mental wellbeing: [www.health.state.mn.us/communities/mentalhealth/support.html](http://www.health.state.mn.us/communities/mentalhealth/support.html)
- Schools and childcare: [www.health.state.mn.us/diseases/coronavirus/schools/index.html](http://www.health.state.mn.us/diseases/coronavirus/schools/index.html)
- Businesses and employers: [www.health.state.mn.us/diseases/coronavirus/businesses.html](http://www.health.state.mn.us/diseases/coronavirus/businesses.html)
- Unemployment: [www.umn.org/](http://www.umn.org/)

### Centers for Disease Control & Prevention: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)

- Situation summary: [www.cdc.gov/coronavirus/2019-nCoV/summary.html](http://www.cdc.gov/coronavirus/2019-nCoV/summary.html)
- Prevention/Treatment: [www.cdc.gov/coronavirus/2019-ncov/about/preventiontreatment.html](http://www.cdc.gov/coronavirus/2019-ncov/about/preventiontreatment.html)
- Get your home ready: [www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/get-your-household-ready-for-COVID-19.html](http://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/get-your-household-ready-for-COVID-19.html)
- Pregnant women and COVID-19 FAQs: [www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnancy-faq.html](http://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnancy-faq.html)