



COVID-19: How to Prepare

Here is what you can do to prepare your family in case COVID-19 spreads in your community.

Find Local Information

Know where to find local information on COVID-19 and local trends of COVID-19 cases.

Know the Signs and Symptoms

Know the **signs and symptoms** of COVID-19 and what to do if symptomatic:

- Stay home when you are sick
- Call your health care provider's office in advance of a visit
- Limit movement in the community
- Limit visitors

Take Steps for Those at Higher Risk

Know what additional measures those at **higher risk** and who are vulnerable should take.

Protect Yourself and Family

Implement **steps to prevent illness** (e.g., stay home when sick, handwashing, respiratory etiquette, clean frequently touched surfaces daily).

Create a Household Plan

Create a **household plan** of action in case of illness in the household or disruption of daily activities due to COVID-19 in the community.

- Consider 2-week supply of prescription and over the counter medications, food and other essentials. Know how to get food delivered if possible.
- Establish ways to communicate with others (e.g., family, friends, co-workers).
- Establish plans to telework, what to do about childcare needs, how to adapt to cancellation of events.

Stay Informed About Emergency Plans

Know about emergency operations plans for schools/workplaces of household members.

EAP Support Available

Your EAP powered by ACI Specialty Benefits offers emotional support resources, work-life referrals, and management consultation to help during difficult times. For personalized support, contact ACI Specialty Benefits at 855.775.4357 or rsli@acieap.com.

Source:
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/index.html>

Questions?

Contact ACI Specialty Benefits toll-free at **855-RSL-HELP** (855-775-4357)
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