



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 COVID-19 Information Line: 763-682-7607
 - Visit 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
- If you need assistance in following these guidelines, call the Wright County COVID-19 Information Line

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 and a 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/if-you-are-sick/index.html)

- Isolation - people showing COVID-19 symptoms or who received COVID-19 positive test results
- Quarantine - people exposed to COVID-19 but not showing symptoms and no positive test

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

- Testing is available via local clinics, community sites, and kits sent to your home. Visit: mn.gov/covid19/for-minnesotans/if-sick/testing-locations/index.jsp

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

Other Resources

Wright County

- Public Health Facebook: www.facebook.com/WrightCtyPublicHealth
- Dashboard: experience.arcgis.com/experience/026d05fb250c47e08ceb0700bfcd00ee
- Local resources: www.co.wright.mn.us/948/Resources

State of Minnesota

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

Centers for Disease Control & Prevention: www.cdc.gov/COVID19

- Situation summary: www.cdc.gov/coronavirus/2019-nCoV/summary.html
- Prevention/Treatment: www.cdc.gov/coronavirus/2019-ncov/about/preventionandtreatment.html
- Get your home ready: 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