How to prepare in case someone gets sick in your household

Life has to continue even where COVID-19 is spreading.

Here’s how to stay safe.

**GET YOUR CONTACTS READY**

For health information and care: your doctor, health facilities, health centre/hotline and emergency numbers.

For your support network: family, friends, neighbors, school or work.

**WHAT SHOULD BE PREPARED**

Stock up on supplies such as regular medicines, medical masks and cleaners/disinfectants.

Prepare a separate room or isolated space, and keep distance from others.

Put in place a support network for groceries, transport, childcare and other essentials.

**REMEMBER, IT’S ALWAYS SAFER TO**

Know your risk. Lower your risk.