

# HAVE YOU MADE A STAY HOME COVID PLAN?

## A SAFETY PLAN COULD LOOK LIKE:

How do we stay safe? Make a phone list of handy numbers

Who is the first person to call if you need help? \_\_\_\_\_

Doctor \_\_\_\_\_

Neighbor \_\_\_\_\_

Family members \_\_\_\_\_

Local/State Police \_\_\_\_\_

In case of emergency: Dial 911

## THING TO HAVE ON HAND TO STAY SAFE:

Properly fitting surgical or cloth mask

Gloves

Hand Sanitizer

## MEDICINE LIST:

Keep a list of all your medications in a freezer zip-lock storage baggie in your freezer.

## HOW ARE YOU GETTING FOOD?

\_\_\_\_\_ I am able to shop on my own

\_\_\_\_\_ I need someone to shop for me and can call \_\_\_\_\_ for assistance.

## HOW ARE YOU PERSONAL CARE ITEMS

\_\_\_\_\_ I am able to shop on my own

\_\_\_\_\_ I need someone to shop for me and can call \_\_\_\_\_ for assistance.

## WHAT ARE THINGS THAT I LIKE TO DO AT HOME?

Make a list of indoor activities that are engaging, educational, new ways to learn?

e.g. Board Games \_\_\_\_\_

Read a new book \_\_\_\_\_

Invite a friend to virtual coffee? \_\_\_\_\_

Use this space to remind yourself of things around the House you like to do: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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**Things outside you like to do and with WHOM** \_\_\_\_\_

e.g. skate with my son \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## MAKE A LIST OF PEOPLE TO CALL?

When I need someone to listen \_\_\_\_\_

When I need someone to care \_\_\_\_\_

When I need someone to make me laugh \_\_\_\_\_

## EMERGENCY

**NUMBERS:** \_\_\_\_\_

\_\_\_\_\_