

COVID-19 PREPAREDNESS

Three Rivers Public Health Department encourages the citizens of Dodge, Saunders, and Washington Counties to practice preparedness at **ALL** times to avoid running out of essential items in times of natural disasters or an illness outbreak.

As talks of COVID-19 continue, here are a few things for our citizens to consider and discuss in their households. It is **ALWAYS** encouraged to keep a two-week supply of essential items on hand.



1

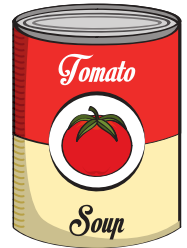
DAILY ACTIVITIES

What do you do on a daily basis? Where do you go? Work, school, daycare? Consider how a lengthy illness would impact those areas and prepare accordingly.

2

TAKE INVENTORY

What do you use on a daily basis? Consider meal prepping and keeping a two week supply of things like toilet paper, non-perishable foods, baby formula, other over-the-counter medications, and pet food on hand. There's no need to stockpile, but having some extras on-hand is always a good practice.



3

UPDATE CONTACTS

Are all your contacts up-to-date? Review personal contacts and discuss who needs to be contacted in an emergency. Create an emergency contact list and post it in a central location in your house and make copies for safes, totes, cars, and employers. Are there people you assist regularly? Parents? Other relatives? How will they be assisted if you're not available?

4

PRESCRIPTIONS AND SUBSCRIPTIONS

What medications do you need/use regularly? Review any prescriptions to see if a 90-day supply is possible. Make sure expired medications are disposed of properly. Do you use food delivery services, grocery pick-up or online/subscription services such as Amazon for regularly used items? Discuss how a halt in these services would affect your household.



Contact Three Rivers Public Health for
more information at 402-727-5396.
www.threeriverspublichealth.org

 **THREE
RIVERS**
PUBLIC HEALTH DEPARTMENT
Dodge, Saunders & Washington Counties