

Family Checklist: Preparing for COVID-19 at Home

Even in these stressful times, there are things we can do to prepare for if someone we care for is exposed to or diagnosed with COVID-19. Though we hope these preparations are not needed, in case they are we hope the specific steps below will help you feel confident in your ability to support your loved one while recovering from COVID-19.

Preparing for if someone in your home needs medical care outside your home

- Fill out a Personal Emergency Plan (PEP) for each individual in your home (pg. 3-4 of this plan may not apply during COVID-19, but are worth reviewing as part of your general emergency planning).
- Attach copies of medical related documentation to each person's PEP, for example:
 - Medical insurance card / policy information
 - Advanced Health Care Directive
 - COVID-19 test results if the person has been tested
 - other medical information to each person's PEP
- To help medical personnel provide the best care possible, create or update a Medical One Page Profile for persons served by TCRC that can be shared with medical providers. If helpful, your Service Coordinator can assist you with this.
- Identify favorite clothing or other small object that could help reduce an individual's anxiety while receiving medical care
- Write a list of who you need or want to notify if someone in your home needs this level of medical care. Some people you may want to notify include:
 - Family / friends
 - TCRC Service Coordinator
 - Service providers currently supporting the individual
 - Medical professionals who provide regular care: doctors, specialists, counselors
 - Residential Facility staff (if applicable)
- Finish your preparation by writing a list of items that need to go with each individual should they need medical care outside your home. For example, "John" list may be:
 - Personal Emergency Plan + other relevant medical documents (e.g. insurance card & Advanced Health Care Directive)
 - Medical One Page Profile
 - List of Prescriptions including dose and administration times
 - Driver's license or other photo ID
 - Favorite grey shirt
 - Cell phone and charger

Preparing for if a primary caregiver needs medical care outside the home

- In addition to the items above...
- Identify & speak with someone who can help the people in your household in case you get sick or need medical care

- Reach out to your TCRC Service Coordinator if you foresee needing assistance if this situation arises

Preparing to care for someone at home who was exposed to or is diagnosed with COVID-19

- Prepare a list of medical providers & their phone numbers you can consult for guidance on if someone needs to seek medical care or can be cared for at home such as your
 - Regular doctor or specialist who provides regular medical care
 - County Public Health Nurse
 - San Luis Obispo County PH 805-781-5500
 - Santa Bárbara County PH 805-681-5100
 - Ventura County PH 805-652-5902
 - Local emergency clinic
 - Closest hospital emergency room
- Put together your support team now to have help during a period of isolation or quarantine. A support team could include people who can:
 - Grocery shop for you (e.g. a friend, family, or a delivery service)
 - Run essential errands
 - Pick-up medications at the pharmacy
 - Send a daily dose of humor or hope
 - Support you emotionally while you are supporting others
- Set aside a pad of paper and writing instrument in an easily accessible location for recording symptoms of the person who is sick and guidance you receive when speaking with medical personnel
- Inventory cleaning supplies needed to disinfect your home / purchase more if needed
- Develop a plan to isolate and/or reduce contact between an individual who is sick and other persons in the home as much as possible
- Acquire or make homemade masks to wear while caring for an individual who is sick
- Review and keep in an easy to find location “Steps to help prevent the spread of COVID-19 if you are sick” from the CDC (see attached)

Stay informed by reviewing new information at these websites

- The U.S. Center for Disease Control and Prevention
 - Corona virus FAQs: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>
 - Guidance for taking care of people at home who don't need to be hospitalized: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-home-care.html>