

HOW TO BE PREPARED IN CASE SOMEONE IN YOUR HOUSEHOLD IS INFECTED WITH COVID-19

COVID-19 has taken the world by storm. Despite you giving your best to stay safe with social distancing and proper hygiene, it's always good to take extra precaution.

This guideline will take you through the first step of preparation in handling any forthcoming situation with calm and composure.

MAKE A LIST OF YOUR CONTACTS



Create a list of hotlines and emergency contact numbers of the local organizations in your community in case you need access to any health information, healthcare services, support or supply of items.



Put together an emergency contact list including your family members, friends, neighbors, work, and other community services.

WHAT NEEDS TO BE PREPARED



Choose a room or an isolated space in your house that can be used as self-quarantine for the infected household member, which will also help to safeguard others members as well.



Make sure you and your family members have enough of regular medications and supplies such as medical face masks and cleaners/disinfectants up to several weeks.



Organise a support network to help you with groceries, transport, childcare and other essential services.

Source: World Health Organization

Disclaimer: The guideline outlined in this document is to safeguard you and your loved ones from COVID-19. We advise you to seek professional guidance if you wish to clarify any section on this document or if you feel the need to take any action based on this document.

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