

# 5 TIPS FOR NAVIGATING COVID-19



In order to keep our members and employees healthy and safe from the coronavirus, we have researched government and World Health Organization resources to find helpful information to pass along. Here are some helpful tips for battling this pandemic.

by Allied National



## 1 STAY INFORMED

- Stay up-to-date with our coronavirus information at [www.alliednational.com/covid](http://www.alliednational.com/covid).
- Create a list of local organizations you and your household can contact in case you need access to information, health care services, support and resources.
- Create an emergency contact list including family, friends, neighbors, health care providers, teachers, employers, the local public health department, and other community resources. This list will be an important reference in case the person who runs the household becomes ill and is placed in isolation.

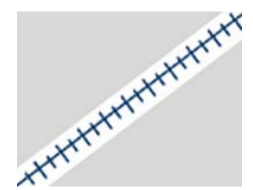


## 2 BE PREPARED

- Practice the preventive measures listed below on a daily basis inside your home with particular consideration given to members of the household who are at greater risk, such as older adults and people with severe chronic illnesses.

## 3 TAKE PREVENTIVE MEASURES

- Wash your hands frequently.
- Avoid touching your eyes, nose, and mouth.
- Stay home and away from other family members when you are sick.
- When you go out in public, keep six feet apart from others as much as possible.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.



## 4 WATCH FOR SYMPTOMS

Stay home and speak to your health care provider if you develop any of these symptoms:

- Fever
- Cough
- Shortness of breath

If you develop any of these emergency warning signs\* for COVID-19, get medical attention immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- Confusion or inability to arouse
- Bluish lips or face



## 5 SELF QUARANTINE

If someone in your home is sick, continue to practice everyday preventive actions such as:

- Keeping the ill person in a separate room from others in the household.
- If caring for a sick household member, follow recommended precautions and monitor your own health.
- Keep surfaces disinfected.
- Avoid sharing personal items.
- If you become sick, stay in contact with others by phone or email.
- Take care of the emotional health of your household members, including yourself.

