

# 5 Steps to Prepare for COVID-19

Infectious disease experts say most cases of COVID-19 are mild to moderate, like the common cold. But it can be more severe in older adults and people with chronic health conditions.

**There are simple steps you can take to help protect yourself and your family.**

## #1 Make a plan

Create plans for school, work and home. Scholastic Canada has free online day-to-day projects for children from JK-Grade 8 [HERE!](#)

- Make a list of people and organizations who can help if you become sick. Consider: family, friends, neighbors, carpool drivers, health care providers, teachers, employers, the local public health department, health care services, and other resources like mental health services.
- Join a neighborhood website or social media page to stay connected to neighbors, information, and resources.
- Plan ways to care for family members at risk for serious complications, such as older people and people with chronic health conditions.

## #2 Prepare as you would for a winter storm

There is no need to buy large quantities of supplies. But it's a good idea to pick up a few extra items each time you go to the market or pharmacy. That way, you're prepared and can avoid crowds. Make sure you have a full tank of gas.

- Pick up some extra foods like canned goods, dry pasta, and peanut butter. Some grocery stores in both Canada and the USA are offering 'elderly hours' to help protect their older shoppers. Call your local grocery store to see what they are doing to help!
- Have soap, hand sanitizer, tissues, fever reducers like acetaminophen or ibuprofen on hand. If you were not able to get your hands on a bottle of hand sanitizer you can make your own! Click [HERE](#) for a great link with everything you need!

## # 3 Get ready for possible changes in daily schedules

### At School:

- Make plans to care for your children if schools are closed temporarily. Just like you would for snow days.
- Make plans for alternate after-school care in case they are closed temporarily.

If you are home with the kids and stuck indoors for the next little while while school is cancelled, here are some great kid friendly activities!

# 100+ INDOOR ACTIVITIES

## CRAFTS

MAKE PAPER AIRPLANES  
SALT PAINTING  
MAKE SUNCATCHERS  
MAKE SALT DOUGH  
MAKE SPONGE STAMPS  
MAKE A CEREAL BOX AQUARIUM  
MAKE SCRATCH ART  
MAKE YOUR OWN BOOKMARKS  
PAINT PET ROCKS  
MAKE RECYCLED CRAYONS  
MAKE PAPER BOATS  
FINGER PAINT  
MAKE FRIENDSHIP BRACELETS  
MAKE A BIRD FEEDER  
MAKE PAPER BAG PUPPETS  
MAKE HANDPRINT ART  
MAKE A SCRAPBOOK  
DECORATE T-SHIRTS  
MAKE A THANKFUL JAR  
PAINT LEAVES  
MAKE A TIME CAPSULE  
MAKE BUTTON ART  
PAINT WITH WATERCOLORS  
COLOR IN A COLORING BOOK  
MAKE PAPER CRAFTS  
BUILD A CARDBOARD CASTLE  
MAKE TISSUE BOX MONSTERS  
MAKE A TOILET PAPER ROLL BUTTERFLY  
STAMP WITH CELERY  
MAKE CHALK ICE  
MAKE PUFFY SIDEWALK PAINT  
DRAW A SELF PORTRAIT  
USE RUBBER STAMPS  
DO SCRAPE PAINTING  
PAINT A RECYCLED JAR  
MAKE SUPERHERO COSTUMES

## ACTIVITIES

MAKE PLAYDOUGH  
MAKE SLIME  
MAKE PLAY MUD  
MAKE RAINBOW RICE  
MAKE FAKE SNOW  
MAKE A SENSORY BIN  
MAKE A SENSORY BAG  
BUILD A FORT  
HAVE A PILLOW FIGHT  
WRITE A STORY  
MAKE ICE CREAM IN A BAG  
MAKE GUMMY BEARS  
MAKE FRUIT ROLL-UPS  
HAVE A MOVIE DAY  
PUT ON A FASHION SHOW  
BAKE CUPCAKES OR MUFFINS  
DO YOGA  
BUILD AN OBSTACLE COURSE  
MAKE DINNER TOGETHER  
PLAY WITH MAGNETIC TILES  
BUILD SOMETHING WITH LEGO  
USE DOT MARKERS  
BUILD A STACK OF CARDS  
PUT ON A PUPPET SHOW  
MAKE A TREASURE HUNT  
INDOOR BOWLING  
LEARN TO DRAW  
PUT ON A PLAY  
MAKE INDOOR HOPSCOTCH  
DO A FAMILY CHORE TOGETHER  
HAVE A DANCE PARTY  
HAVE A TEA PARTY  
PLAY WITH WATER IN A BIN  
SET UP A PLAY STORE  
MAKE A SOCK TOSS GAME  
MAKE PERLER BEAD ART  
WRITE IN A JOURNAL

## GAMES

PLAY WOULD YOU RATHER  
PLAY I SPY  
PLAY SIMON SAYS  
PLAY BOARD GAMES  
PLAY HIDE AND SEEK  
INDOOR SCAVENGER HUNT  
PLAY BINGO  
PLAY CARD GAMES  
DO A PUZZLE  
PLAY CHARADES  
BUILD YOUR OWN GAME  
PLAY FREEZE DANCE  
PLAY HOT POTATO  
PLAY MARBLES  
KEEP THE BALLOON UP  
PLAY DOMINOES  
PLAY HANGMAN  
PLAY TIC-TAC-TOE

## EDUCATIONAL

READ BOOKS  
DO A SCIENCE PROJECT  
LEARN ORIGAMI  
LEARN ABOUT A NEW ANIMAL  
LEARN A NEW CARD GAME  
LEARN TO SEW  
LEARN TO KNIT  
DO BRAIN TEASERS  
LEARN A NEW LANGUAGE  
LEARN ABOUT A COUNTRY

- Ask to work from home or take leave if you or someone in your household gets sick, or if your child's school is temporarily closed.

#### **#4 Stay informed:**

- Stay connected on your state and local health department's social media pages and websites for timely and accurate COVID-19 information.
- Be aware of false information circulating on the internet. Accurate and up-to-date information is available from the State Health Department at [www.health.ny.gov/coronavirus](http://www.health.ny.gov/coronavirus) or its hotline at 1-888-364-3065, and the U.S. Centers for Disease Control and Prevention's website and social media platforms at [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)
- If you live alone and become sick, you may need to ask for help. If you have a chronic disease and live alone, ask your friends, family, and health care providers to check on you.

#### **· If you decide to attend a public event, practice good health habits.**

- o Try to keep at least 6 feet of distance between you and others at the event.
- o Avoid close contact, such as shaking hands, hugging, and kissing.
- o Wash hands often or use a hand sanitizer when soap and water are not available.
- o Avoid surfaces that are touched often, such as doorknobs and handrails.

#### **#5 Prevent the spread of colds, flu and COVID-19**

#### **Everyone should:**

- Stay home when you are sick.
- Wash your hands often with soap and water for at least 20 seconds, especially before you eat.
- Cover your cough and sneezes with a tissue and discard in a closed container.
- Clean frequently touched surfaces and objects.
- Avoid close contact with people who are sick. Keep a distance of at least 6 feet to help slow the spread of COVID-19.

#### **For people who are sick:**

- Stay home.

- If you have a fever, stay home for at least 24 hours after your fever is gone without the use of fever-reducing medicines, such as acetaminophen.
- Keep sick household members away from others. If you have a separate room that is best.
- Use soap and water, a bleach and-water solution, or EPA-approved household products. You can make your own cleanser with a mixture of 1 cup of liquid unscented chlorine bleach in 5 gallons of water.
- Avoid sharing personal items.
- Anyone at high risk for complications should talk to their health care provider for more information.