

A photograph of a family. A man with a beard and mustache is kissing a young child on the cheek. A woman is in the background, smiling. The child is wearing a pink and white striped shirt.

Personal Health & Readiness Checklist

Coronavirus (COVID-19) is the latest communicable disease outbreak with symptoms ranging from mild to severe. While you may be spending more time with loved ones, there are steps you and your family can take to reduce your risk not only of COVID-19, but also other viruses.

This checklist gives you an overview of symptoms, household readiness, preventive actions, and ways to take care of your health. Please read through this checklist and mark whether you are doing each best practice.

Check the box if your organization has taken these steps:

Symptoms & Risk Factors

The following are provided in accordance with COVID-19 recommendations from the U.S. Centers for Disease Control and Prevention.

- ☐ Do not have flu symptoms, such as headache, runny nose, sore throat, cough or fever.
- ☐ No one in your home has traveled overseas in the past 2 weeks.
- ☐ Have not had contact with anyone currently displaying COVID-19 symptoms or who tested positive.
- ☐ Members of your household are self-isolating.

Individual & Family Readiness

Planning ahead can help you feel more in control and prepared.

- ☐ Have created a household plan of action.
- ☐ Considered whether members of your household, such as older adults or those with chronic health conditions, may be at greater risk.
- ☐ Asked your neighbors what their plan includes.
- ☐ Created a list of local organizations you and your household can contact in case you need access to information, healthcare services, support, or resources.

- ☐ Created an emergency contact list, including family, friends, neighbors, carpool drivers, healthcare providers, teachers, employers, the local public health department, and other community resources.
- ☐ Chose a room in your house that can be used to separate sick household members from others.

Everyday Preventative Actions

Simple steps can help prevent your family or others from getting sick.

- ☐ Everyone washes their hands frequently.
- ☐ Avoid touching your eyes, nose, and mouth.
- ☐ Stay home when you are sick.
- ☐ Cover your cough or sneeze into a tissue, then throw the tissue in the trash.
- ☐ Clean and disinfect frequently touched objects and surfaces.
- ☐ Are prepared if your child's school or childcare facility is temporarily dismissed or there are changes at your workplace.

Check the box if your organization has taken these steps:

Actions

Certain behaviors and practices can keep you and others safe.

| | |
|--------------------------|--|
| <input type="checkbox"/> | You agree to stay home from work, school, and any other activities if you become sick with COVID-19 symptoms, which may include fever, cough, or difficulty breathing. |
| <input type="checkbox"/> | You keep away from others who are sick. |
| <input type="checkbox"/> | You limit close contact with others as much as possible (6 feet of separation is recommended). |
| <input type="checkbox"/> | You'll use a separate room and bathroom for sick household members, if possible. |
| <input type="checkbox"/> | You'll continue to practice everyday preventive actions (even after COVID-19 declines). |
| <input type="checkbox"/> | Stay in touch with others by phone or email. |
| <input type="checkbox"/> | Take care of your own and your family members' emotional health. |
| <input type="checkbox"/> | Notify your workplace as soon as possible if your schedule changes. |
| <input type="checkbox"/> | Remain informed about your local COVID-19 situation. Get up-to-date information from credible sources (i.e., public health officials). |

How Did You Do?

If you've got boxes unchecked, you may need to check in with your healthcare provider and give things careful consideration.

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