BE READY, ALEXANDRIA!

Prepare Yourself.   Protect Your Community.   Prevent the Spread.

COVID-19

The City of Alexandria is continuously planning and preparing for emergencies and all hazards to protect the safety, health and security of its residents, businesses, employees and visitors. During a situation like the current COVID-19 coronavirus outbreak, stores may run out of the supplies you're used to having, and you may be asked to not leave your home for an extended period. We encourage you to stock up now, in the event that this happens.

MEDICAL SUPPLIES - Enough for 1 month

For refrigerated medications, use the oldest supplies first. Other supplies should include the following as needed:

- Prescriptions
- Blood sugar measuring strips and glucose tablets for diabetics
- Over-the-counter medicines for fever and pain (e.g. acetaminophen or ibuprofen), cough and cold remedies, diarrhea and other digestive issues
- Soap
- Hand sanitizer (at least 60% alcohol)
- Tissues
- Thermometer

FOOD & HOUSEHOLD SUPPLIES - Enough for 2 weeks

- Canned or packaged meat, fish, fruits, vegetables, beans and soups
- Protein or fruit bars
- Dry cereal and nonfat dry milk
- Peanut butter or nuts
- Dried fruit
- Crackers
- Canned juice
- Comfort foods - things you tend to eat or drink when you're sick
- Baby food and supplies
- Pet food and supplies
- Toilet paper
- Garbage bags
- Anything you normally use or have on hand if you could not leave your home for two weeks

EMERGENCY SUPPLIES - Good for anytime

Although water and electricity may not be affected during a coronavirus outbreak, having the following items at home will help prepare you for any emergency:

- Three-day supply of water (1 gallon for each person per day)
- Flashlights
- Batteries - all the sizes you use at home
- Battery-operated radio
- Manual can opener

For information on how to meet emergency financial needs, including prescription, food and rental assistance, call:

Department of Community and Human Services Customer Call Center

703.746.5700

Monday - Friday, 8 a.m.-5 p.m.

ALEXANDRIAVA.GOV/CORONAVIRUS

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COVID-19

The COVID-19 coronavirus outbreak could have a major impact on all our lives. We need to be prepared. Places and organizations you rely on—like government offices, stories, schools, transportation, health care and other services—may not be as available as usual. Here are steps you can take right now to prepare.

GET TO KNOW YOUR NEIGHBORS & COMMUNITY

- **Who can help you?** Identify neighbors, friends, family and coworkers who could help you in the event of an emergency.
- **Who can you help?** Identify neighbors, friends, family and co-workers who are older adults, have special needs, don't understand English well or are new to the area.

- **Volunteer with local groups**. Join groups like the Medical Reserve Corps and the Citizen Corps or those associated with schools, civic associations and houses of worship to assist during emergencies.
- **Stay Informed.** Sign up for **alexandriava.gov/eNews** to get free information, including emergency alerts from the City of Alexandria.

PLAN YOUR WORK

During the COVID-19 coronavirus outbreak, businesses may not operate on normal schedules. Be sure to ask your employer what their plan is if schedules have to change.

- Ask how your supervisor will contact you about changes to your work or office.
- Ask how family and sick leave will be handled.
- Ask if there are plans to work from home or elsewhere.

PREVENT INFECTION

- Wash your hands often by rubbing them together with soap and warm water for at least 20 seconds. If soap and water are not available, use hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose and mouth with unwashed hands.

- Clean and disinfect frequently touched surfaces and objects, such as toys and doorknobs, especially if someone is sick.
- Avoid close contact with people who have cold or flu-like symptoms (e.g. fever, cough, sore throat, shortness of breath) - do not shake hands or hug others.

IF YOU GET SICK

If you experience symptoms such as fever, cough or shortness of breath, the Alexandria Health Department advises seeking healthcare as you would for any other respiratory virus, like the flu. Call the healthcare provider or clinic before you go and advise them of your symptoms and potential exposures so that precautions can be undertaken to prevent the spread of germs.

- **Stay away.** Stay home, do not go out in public, including stores and restaurants.
- **Use your elbow.** Cough and sneeze into your elbow, not your hand. Alternatively, cough and sneeze into a tissue, then throw the tissue in the trash, and wash your hands.

- **Listen to your doctor.** During a pandemic, follow the advice of public health officials.
- **Practice good habits.** Get plenty of sleep. Be physically active. Manage stress. Drink plenty of fluids. Eat nutritious foods. Stop smoking to help decrease the risk of serious consequences if you do become ill with flu-like symptoms.

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