Preparing for COVID-19

Have a preparedness plan.
Think about daily supplies that you need and have plenty on hand. This may include things like food, water, medications, pet food and diapers. Visit www.ready.gov for help planning.

Connect with others and reliable sources.
Talk to friends and family about your plan. Get accurate information from sources like the health department, the Centers for Disease Control and Prevention, or your health care provider. Follow reputable sources on social media.

How is this coronavirus spread?
- A person with the virus coughs or sneezes, releasing it into the air.
- People are in close contact (within 6 feet or less).
- Someone touches something that has the virus on it then touches their mouth, nose or eyes with unwashed hands.
- The virus is in respiratory droplets and possibly poop.

If I think I have COVID-19
Call your healthcare provider or local urgent care if you develop symptoms and have been in close contact with a person known to have COVID-19 or if you have recently traveled from an area with widespread or ongoing community spread of COVID-19.

Treatment for COVID-19
Currently, no specific antiviral treatment is recommended. People with COVID-19 should receive treatment to relieve symptoms. Severe cases may need hospitalization. Consult your health care provider.

Coping with COVID-19
SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to disasters including outbreaks.