

- Ensure you and your family protect against COVID-19
- You can make decisions about how to reduce the risk of transmission

COVID-19 Household Checklist

	Stay informed and in touch	Our Plan
	<p>Get up-to-date information about local COVID-19 activity from public health, NHS, information and teams.</p>	
	<p>Create a list of local organisations you and your household can contact in case you need access to information, healthcare services, support and resources.</p>	
	<p>Create an emergency contact list including family, friends, neighbours, transport, healthcare providers, teachers, employers, local health, and community resources.</p>	
	Prepare for possible illness	Our Plan
	<p>Consider members of the household who may have an increased risk of severe illness.</p>	
	<p>If possible, choose a room in your house/flat that you can use to separate household members from others.</p>	
	<p>Ensure you get Flu Vaccinations for you and your household</p>	
	<p>Seek out information about 'test and trace' and how to access these services.</p>	
	Those at higher risk for severe illness	Our Plan
	<p>Take additional precautions for those at higher risk for severe illness, particularly older adults and those of any age who have severe underlying health conditions.</p>	
	Take every day preventative actions	Our Plan
	<p>Take additional precautions for those at higher risk for severe illness, particularly older adults and those of any age who have severe underlying health conditions.</p>	
	<p>Wash hands frequently.</p>	
	<p>Avoid touching eyes, nose, and mouth with unwashed hands.</p>	

	Stay at least 2 metres from other people.	
	Stay home when you're sick.	
	Cover your cough, sneeze with a tissue, throw the tissue in the bin.	
	Regularly clean and disinfect touched objects and surfaces.	
	Wear a mask when you go out in public – see guidance on this.	
	If someone in your home is sick	Our Plan
	How to care for a sick household member.	
	What to do if you are sick.	
	How to decide if others in your household should quarantine.	
	Continue to practice every day preventative actions.	
	Generations in the household	Our Plan
	Those who are at an increased risk for severe illness: take additional precautions. Make sure you have access to several weeks of medications and supplies in case you need to self-isolate.	
	Children: understand how to keep children healthy . Notify your child's school or early years provider if your child becomes sick with COVID-19.	
	Take care of your mental health and your household members.	
	Pets in the household	Our Plan
	Treat pets as you would human members of the family – just like any other surface, the virus can carry on fur. Keep good hygiene of pets. Do not let pets interact with people outside of the household.	

[Further guidance about what you need to do](https://www.gov.uk/coronavirus) / <https://www.gov.uk/coronavirus>

- Wash hands
- Cover face
- Make space

[Postcode checker: find out the Local COVID Alert Level in your area](https://www.gov.uk/find-coronavirus-local-restrictions) / <https://www.gov.uk/find-coronavirus-local-restrictions>