

## **TIPS for Parents**

**Though there are no known cases of Coronavirus in Sutter County, the time to prepare is**

**NOW. Plan for an extended stay at home should there be an outbreak.**

- Ask your employer about how business will continue during a pandemic.
- Ask your employer if you can work from home during a flu pandemic.
- Plan for a possible reduction or loss of income, if you are unable to work or your place of employment is closed.
- Check with your employer or union about leave policies.
- Plan home learning activities and exercises. Have materials, such as books, on hand.
- Plan recreational activities that your children can do at home.

**Items to have on hand for an extended stay at home:**

### **Non-perishable foods**

- Ready to eat canned meats, fruits, vegetables, soup, protein or fruit bars, dry cereal or granola, dried fruit, nuts, trail mix, peanut butter, crackers, canned juices, fluids with electrolytes, bottled water

### **Health and emergency supplies**

- Prescriptions, medication for fevers, thermometer
- Tissues, toilet paper, disposable diapers
- Pet food
- Garbage bags
- Portable radio, flashlight, extra batteries
- Cleaning supplies

**If someone in your home develops flu symptoms (fever, cough, muscle aches):**

- Encourage plenty of fluids to drink.
- Keep the ill person as comfortable as possible.
- Rest is important.
- Keep tissues and a trash bag for their disposal within reach of the patient.
- All members of the household should wash their hands frequently.
- Keep other family members and visitors away from the person who is ill.
- Contact a healthcare provider for further advice. If the ill person is having difficulty breathing or is getting worse, contact the healthcare provider right away.