

Corona Pandemic 2020

Household Preparedness Plan

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- Insulate Your Home
- Hand and Body Wash
- Maintain Distance Outside Home

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- Maximize chances of recovery, and reduce damage to health of infected individual
- Minimize chances of infecting others in household
- Mitigate financial and economic damage to business and household

3. Response

Respond to signs of possible corona virus infection

Annex I: Possible Extensions to the Basic Plan

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Notes: For purposes of this plan, the above structure has been broadly adapted from the long-standing FEMA structure for emergency preparedness for various kinds of hazards as available for example on <https://www.fema.gov/mission-areas>

Part 1: Prevention

- a) The disease has brought all humanity at a standstill not because it is particularly lethal but because it is an airborne infection that is very easily transmitted in exponential form across entire communities and nations.
- b) The adage “you have nothing to fear but fear itself” applies here
 - i. The vast majority of patients soon recover, often by simply taking rest at home
 - ii. People with other health issues are at greater risk
 - iii. Prevention of disease is therefore particularly important not just for you and your household but for your entire community as well.

Insulate Your Home

Area A

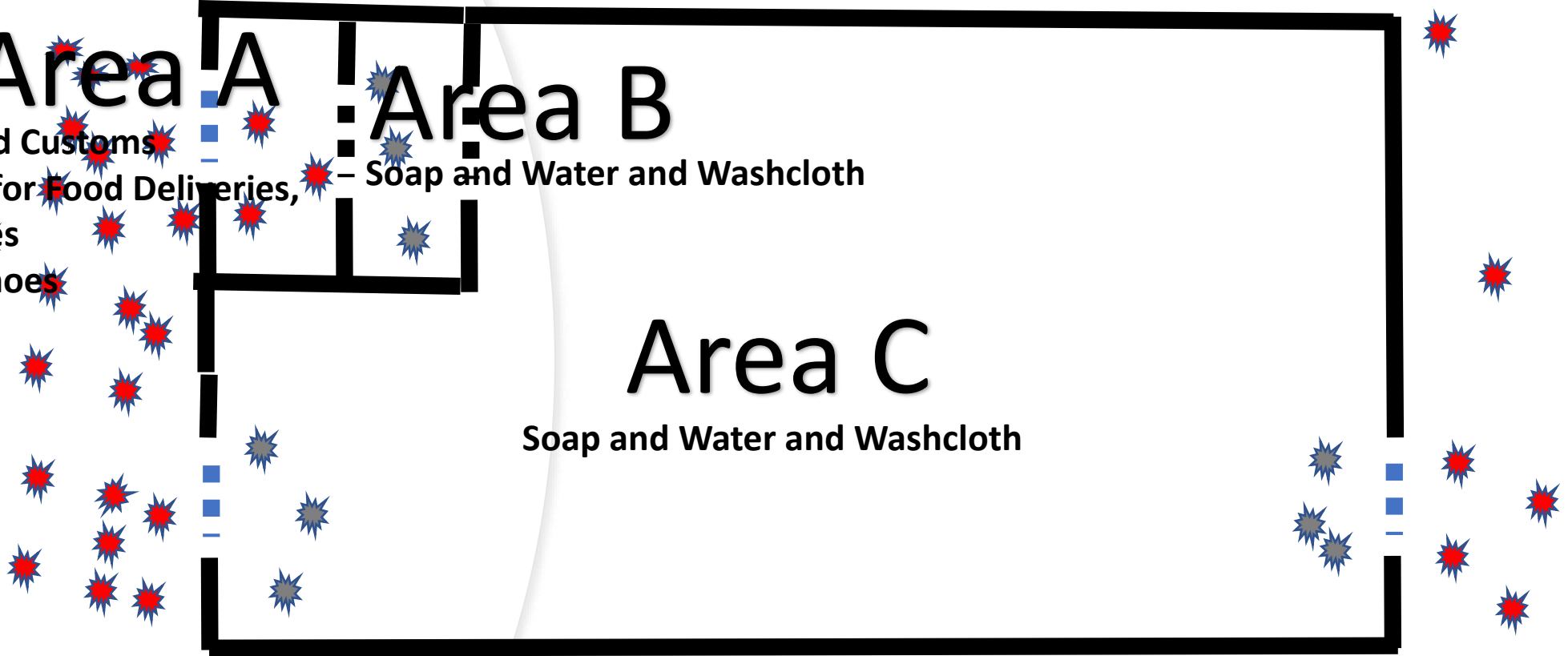
1. "Household Customs Checkpoint" for Food Deliveries, Mail, Packages
2. Outdoor shoes

Area B

Soap and Water and Washcloth

Area C

Soap and Water and Washcloth



Isolation Areas

- a) Area A consists of
 - the entire outside world
 - a small part next to the garage door where you keep
 - shoes that you step into before stepping out of the house
 - garbage and recycling bins or bags
 - if you don't have a garage with door connected to inside of house, this part of Area A may a small area next to the front door with tape to mark off area where outside shoes and garbage bins etc. may be kept.
- b) Area B consists of the remainder of the garage (or other space designated as Area A) inside the house next to the front door

Have soap and water and wash cloth available here on a table or other convenient place in the Area B of the garage
- c) Area C consists of the remainder of the house where you can live as before with one difference:
 - Have wash cloth soaked in soap and water available at one or more locations so it is easily picked up and used to open the exterior doors if needed and clean them in the process.
 - These locations could be e.g. the kitchen, bathroom and/or laundry sinks

Using Area A

1. ALL deliveries, mail etc. from the outside area should enter the house from ONE spot only. Assume that the virus is present in all incoming mail, food deliveries, packages
2. Leave all grocery bags, incoming mail outside at the garage door
home delivery companies may be instructed to leave packages at front door as usual
3. To step outdoors, step directly into outdoor shoes places in Area A next to line dividing Area A from Area B
4. To sanitize incoming groceries and other items
 - a) Take some contents out of packages or grocery bags and place them on suitable location in Area B
 - b) Repeat this until all packages, grocery bags are emptied
 - c) Discard packages to garbage/ recycling bins kept in Area A

Using Area B

1. Place soap, water, and washcloth on table or other convenient place in Area B of garage
2. Swipe all cardboard or plastic coverings of contents with soapy wet cloth. Do the same with individual oranges, apples, vegetables.i
3. Place individual oranges, apples, vegetables in dish with soapy water or vinegar (in case of berries)
4. Carry them to kitchen (or other convenient) sink in Area C

Using Area C

1. Incoming groceries etc.

- a) Rinse out soap (vinegar in case of berries) covered grocery items in kitchen sink
- b) Place them on counter to dry
- c) Put away in fridge, storage shelf or directly into cooking pot or cutting board.

2. Other indoor surfaces in Area C

- a) In the morning, pick up soapy cloth wash and swipe over any door knobs or handles that you touch inside the house when using the bathroom or going to other rooms
- b) Repeat during the day as needed
- c) Wash hands after touching things in Area A or Area B, and before meals

Part 2: Mitigation

- a) eat vegetables and fruits
- b) exercise
- c) reduce stress

Part 3: Response

Symptoms

1. A high fever of 103 degrees is the most common indication of corona infection
2. a non-productive cough (i.e. a dry cough)
3. shortness of breath
4. headache

Response to Symptoms

a) Before seeking medical help

- a) Don't panic. The disease is generally not severe and the vast majority of people recover. The pandemic is because of the ease with which infection spreads. Not a result of the severity of the disease.
- b) Use Tylenol as needed. Avoid Advil and Aleve
- c) Drink liquids, eat vegetables and fruit. rest

b) Call for medical help using instructions by local authorities

- a) This would typically include a telephone number to call as first step. Have that number available for use if needed

c) Information for use by medical staff

- a) List of medications you are currently taking
- b) Past medical history
- c) Emergency contacts

Annex I: Possible Extensions to the Basic Plan

1. Household Characteristics

- a) households that include medical staff
 - a) attending to corona patients
 - b) attending to other patients
- b) multi-family households
 - i. multi-tenant homes
 - ii. live-in domestic servants
- c) presence of older parents or of people with weakened immune systems
- d) ages of children in the household

2. External Environment

- a) national and local government and neighboring community
 - a) instruction on seeking medical help in case of suspected corona virus by local public health authorities
 - b) resources
 - c) regulations

3. Business Continuity Planning

Annex II: Instructions for Customization

1. Go to <https://github.com/tauheedahmed/Household-Corona-Preparedness/upload/master>
2. Download a copy in any of the formats available
3. Edit if necessary for your purposes
4. Optionally: if you have made some improvement or correction to the downloaded copy that you believe would help others, you may upload it to the the above address on github.com as well

Note: that downloaded copy is made available to you under the the MIT License. The MIT License is widely used by the open source community. If you are unfamiliar with the use of “open source”, it basically means people around the world helping one another as fellow humans. Just like those soldiers of all humanity, the medical workers around the world battling this pandemic.