



Public Health
Prevent. Promote. Protect.

Creating a COVID-19 Plan



The Gloucester Health Department wishes to provide the following tips for creating a plan and creating a supply kit should a member of your household contract COVID-19.

Prepare your home:

- Identify a separate bedroom and bathroom, if space allows, where the person with COVID-19 can isolate.
- Designate a separate, lined trash can the person with COVID-19 can use.
- Identify someone in your household who can serve as caretaker of the sick individual.
- Identify a back-up caregiver should the primary become ill or otherwise incapable of continuing the task.
- Review tips from the CDC for how to care for someone with COVID-19 at home and protect yourself from the virus- [Here](#)

Prepare your COVID-19 Care Kit:

- Hand soap
- Tissues
- Fever reducers with acetaminophen
- Household disinfectants and other cleaning supplies.
 - Review tips from the CDC on cleaning and disinfecting your household- [Here](#)
- A new, clean face covering
 - In the event an individual with COVID-19 MUST leave the house to seek urgent medical care, they are advised to avoid public transportation and use a personal vehicle or an ambulance instead. Call ahead to notify your healthcare provider so they know you are coming
- Spare face coverings
- Thermometers
- Spare trash bags
- Protective gloves

Prepare yourself:

- Familiarize yourself with regional COVID-19 testing opportunities. All MA residents can get tested, at no cost, regardless of symptoms, through the State's Stop the Spread program. A list of available testing locations [here](#).
- Ensure you and your family have a Primary Care Physician
- The CDC advises that you create an emergency contact list including family, friends, neighbors, carpool drivers, healthcare providers, teachers, employers, the local public health department and other community resources.
- Know which community resources are available to you, they can be found [here](#).