General Public Checklist

☐ **Stay home whenever possible.** This is true regardless of what your local restrictions may be. Avoid any situations with more than 10 people, and work from home if you can. You can go to the grocery store, the pharmacy, the bank, or to urgent medical appointments.
   - [WHO: Basic Protective Measures Against the New Coronavirus](#)
   - [CDC: How to Protect Yourself and Others](#)

☐ **Wash your hands, a lot.** The best way to wash your hands is with soap and hot water for at least 20 seconds. If you don’t have access to soap and water, you can use hand sanitizer. Most people do not wash their hands correctly.
   - [WHO Video: How to Handwash with Soap and Water](#)
   - [CDC: Washing with Soap and Water](#)
   - [CDC: Proper Use of Hand Sanitizer](#)

☐ **Don’t touch your face when you are in public or your hands are dirty.** When people with coronavirus cough, sneeze, or even just speak, the virus spreads through droplets onto surfaces around them. Assume that everything outside of your home is contaminated. When you are out in public, be aware that your hands are “dirty” and keep them away from your face. This can be quite difficult and requires really paying attention to what you are doing with your hands, but it can be learned (doctors and nurses do it all the time). If you have an itch or have to touch your face and you don’t have the ability to wash your hands first, use the inside of your shirt or a clean tissue. As soon as you get home, wash your hands, and as long as your hands are clean, you can touch your face all you want!
   - [BBC: Coronavirus: Why We Touch Our Faces and How to Stop It](#)

☐ **Know the symptoms of COVID-19 and what to do if you become sick or are exposed.** If you develop a fever, body aches, severe tiredness, or dry cough, stay at home and do not leave your house at all for 14 days. If you are exposed to someone with COVID-19, you should also stay at home for 14 days, and monitor for symptoms. If you are going to get sick, it will happen within 2-14 days of the exposure. If you have to go out, wear a mask. Call your doctor before leaving your home to seek medical treatment. Access emergency services if you develop chest pain or severe shortness of breath.
   - [NHS Self-Isolation Advice](#)
   - [CDC: What To Do If You Are Sick](#)
   - [Eliminating Medical Harm: Where do we go from here?](#)
     - Watch as Dr. Donna Prosser is joined by Dr. Danielle Ofri to discuss the history of medical errors and how they have greatly impacted hospitals during this time of COVID-19
Practice good oral hygiene. Whether we are in a pandemic or not, good oral care improves overall health. Cleansing your mouth of microbes is as important as washing your hands.

- CDC: Oral Health Basics

Practice mindfulness to better manage stress and anxiety. When caregivers and advocates can’t be present at the bedside, stress and anxiety for both hospitalized patients and their loved ones increases significantly. It is so much easier said than done to "clear your mind" and slow down, but it is more critical than ever that we be able to do this.

- Coronavirus Blog: MBSR for Health Professionals: This resource provides a quick overview of Mind Body Stress Reduction techniques so they can apply these concepts on the frontline, right now. It is also an excellent resource for anyone who is under stress right now due to the coronavirus.

Stay physically healthy by eating right, exercising regularly, and sleeping well. Healthy routines have been uprooted for many. It’s as important now as ever to maintain healthy eating, sleeping, and exercise patterns.

- WHO: Be Active During COVID
- American Society for Nutrition: Making Health and Nutrition A Priority

Take special precautions if you are pregnant or nursing. Under normal circumstances, pregnant women may be more susceptible to illnesses due to a suppressed immune system. Although the research regarding COVID and pregnancy is still developing, pregnant women should exercise the same caution as the general public.

- American College of Obstetrics and Gynecology: COVID-19, Pregnancy, and Breastfeeding
- Johns Hopkins Medicine: Coronavirus and Pregnancy

Reach out to care for those who are elderly or are living in long-term facilities. The COVID-19 pandemic has affected older people disproportionately, especially those living in long-term care facilities. Concerted action is needed to mitigate the impact across all aspects of long-term care, including home- and community-based care, given that most users and providers of care are those who are vulnerable to severe COVID-19.

- Preventing and Managing COVID-19 Across Long-Term Care Services

Be Prepared. The need for health and social care undergoes large seasonal fluctuations, peaking in the winter. July and August must be a period of intense preparation for our reasonable worst-case scenario for health in the winter that we set out in this report, including a resurgence of COVID-19, which might be greater than that seen in the spring.
Preparing for a Challenging Winter

Know what your loved ones want should end of life care be necessary. Although the majority of the conversation around COVID has involved washing your hands, staying home, and maintaining social distance, it is equally important to have conversations with your loved ones about end of life care. Respecting your loved ones decisions and communicating effectively can be challenging, especially during times of high stress. Be sure that everyone has written advance directives. Planning for end of life care can ensure that your loved one receives the care they desire and can help organize efforts when that time comes.

- Family Caregiver Alliance: Advance Directives and Living Wills
- American Journal of Managed Care: Guide to End-of-Life Care
- CDC: Advance Care Planning
- Death With Dignity: End Of Life Resources
- Decision-making processes in the limitation of life- prolonging treatment
- Centers to Advance Palliative Care (CAPC): COVID-19 Response
- Directives and Medical Power of Attorney

Ethical issues around allocating resources:

- The Importance of Addressing Advance Care Planning and Decisions About Do-Not-Resuscitate Orders During Novel Corona Virus (COVID-19)
- Fair Allocation of Scare Medical Resources in the Time of COVID-19
- Washington State Dept of Health toolkit for managing resources in a crisis
- Hastings Center ethical guidelines
- Hastings Center on addressing moral distress
- Vizient
- COVID-19 Update: Addressing Social Disparities

Advance Care planning:

- The Importance of Addressing Advance Care Planning and Decisions About Do-Not-Resuscitate Orders During Novel Corona Virus (COVID-19)
- Respecting Choices: Covid 19 Resources
- COVID-19 Update: Preparing for and Managing End of Life Care Decisions

Advanced Directives and Planning Ahead:

- MyDirectives: A Website For Advanced Directives
Help children to cope through this pandemic. Children and adolescents are likely hearing about COVID through the media, school or other conversations and can experience fear and anxiety for themselves and their loved ones. Parents, teachers, and school leaders serve an important role to help children understand and cope with the current state of the world. Additionally, these adults can work to maintain a sense of normalcy and healthy habits for their children.

- CDC: Talking With Children About COVID
- WHO: Helping Children Cope With Stress During the COVID Outbreak American Society for Suicide Prevention

Make sure you are taking care of yourself, too! As a parent, child, friend, or partner, it can be difficult to prioritize your mental and physical health as you are worrying about loved ones. Practicing self-care, mentally and physically, is crucial to remaining well throughout this pandemic.

- PsychHub: COVID-19 Mental Health Resources Hub
- Shout: For Support in a Crisis

Know how to stay safe when physical distancing restrictions are lifted. We will see restrictions lifted slowly. In the meantime, stay 6 feet apart or wear masks if you can't. Once antibody tests and vaccines are available, concern for lifted restrictions will get better; we just don't know when these vaccinations will be discovered.

- WHO: Strategies, Preparedness, and Operations
- United Nations: A UN framework for the immediate socio-economic response to COVID-19
- WHO: Guidance for Schools, Workplaces, and Institutions

Get vaccinated against COVID-19 once it is available, if you have not already had the disease. It is important to remain vigilant and educated about different vaccines, especially during this time. While there is currently no vaccine for COVID, the resources below provide up to date information.

- WHO: Q&A on Vaccine Safety