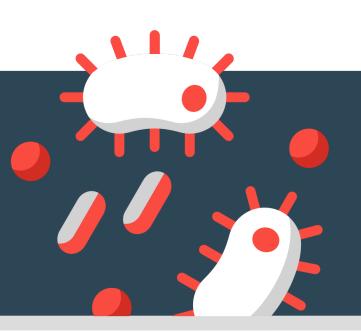
### Be PREPARED for a

# PANDEMIC

The COVID-19 pandemic took millions of lives. Knowing how to protect yourself and stop the spread of infectious diseases can save lives.



Did you know...

### The Northeast represents...

18% of the U.S. population, but

22% of all U.S. COVID-19 cases.\*



The COVID-19 pandemic highlighted the intense global disruptions that infectious diseases can cause - affecting health, finances, education, businesses, and everyday activities.

While treatment for each disease varies, general guidelines can help everyone limit the spread and stay safe during outbreaks.

#### PREPARE FOR AN OUTBREAK



Learn about the disease.



Prepare for schools and businesses to be closed.



Gather supplies for your emergency kit.



Create an emergency plan.



Review your health insurance policies.

#### STAYING SAFE DURING A PANDEMIC

#### DISTANCE



Keep 6 feet of space between yourself and others.

#### **ISOLATE**



If exposed or symptomatic, isolate for the time recommended by the CDC.

### **PROTECT**



Follow the guidelines on wearing Personal Protective Equipment (PPE) in public places or around others.

### **CALL 9-1-1**



If you are exhibiting chest pain or shortness of breath, call 9-1-1.

## PROTECT YOURSELF AND OTHERS.

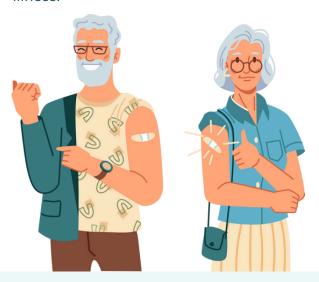
Stop the spread of infectious diseases.

- Stay up to date with vaccines.
- Practice proper hand hygiene.
- Stay home when you're sick.
- Disinfect high-touch surfaces frequently.
- Cover your nose and mouth when coughing or sneezing.
- Consider wearing a mask in crowded indoor spaces.

#### **GET VACCINATED.**

Consult your doctor about getting vaccinated.

It remains the best way to prevent severe illness.





If you think you're experiencing symptoms of an infectious disease, contact your doctor **immediately**.

Call 211 United Way of RI

Call 988
Emotional Support

