

# 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