

Household Plan of Action for Covid19

- Clean hands frequently with alcohol-based hand rub or soap and water
- Cover nose and mouth when coughing and sneezing with tissue or flexed elbow
- Keeping close watch of your body temperature and infectious symptoms
- Avoid crowded place
- Avoid close contact (1 metre) with anyone with cold or flu-like symptoms
- Avoid touching eyes, nose and mouth
- Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance.
- Avoid sharing personal household items
- Wear a mask if you have respiratory symptoms such as a cough or runny nose
- Clean and disinfect frequently touched surfaces daily.
- Choose a room in your home that can be used to separate sick household members from those who are healthy. Identify a separate bathroom for the sick person to use, if possible.
- Stay informed and follow advice given by Ministry of Health
- Covid19 Hotline provided by Ministry of Health Malaysia, **03-88810200, 03-88810600, 03-88810700 (8am-5pm)**

Family Emergency Kit Check List – Based on 14 days Home Quarantine

	Items	Confirmed
	Thermometer & extra batteries	
	Water (3L of water per person per day for at least one week)	
	Food (At least two weeks supply of non-perishable food)	
	Multi-vitamins/ Vitamin C	
	Cooking gas (If cook using gas stove)	
	Flashlight and extra batteries	
	Mobile phone, charger and external battery pack	
	Radio and Batteries	
	First Aid Kit	
	Family Member's Medical Supply (2 weeks supply)	
	Face mask and glove	
	Sanitization disinfectants, eg. Hand sanitizer, bleach	
	Personal Hygiene (Soap, toothbrush, toothpaste etc.)	
	Feminine Supply (if needed)	
	Paper Towels, Toilet Rolls, Garbage Bags and Rope for personal sanitation	

	Can opener for food (if kit contains canned food)	
	Copy of Family Member's Personal Identity, Contact Information, Medical History	
	Pen, Paper, Marking Tape (Stationary)	
	Cash	
	Refill your vehicle	
	* For infant or small kids	
	Milk Powder/ Baby Food	
	Baby Diapers	
	Baby Medicine	
	* For older adults and those who have severe underlying health conditions	
	Special food/diet supply	
	Adults Diaper	
	Other sanitary supply	
	Medicine	