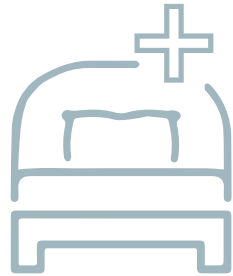


Be committed. Be well.

HOUSEHOLD PLAN



CREATE AN
EMERGENCY
CONTACT LIST



KEEP A LIST OF AID
ORGANIZATIONS FOR
COUNSELING, FOOD,
AND HEALTH CARE



CHOOSE A ROOM AND
BATHROOM FOR
ISOLATING THE SICK



PRACTICE EVERYDAY
PREVENTATIVE
ACTIONS



TALK WITH NEIGHBORS
AND FAMILY ABOUT
EMERGENCY PLANS



STAY CONNECTED TO
HELP PREVENT FEELINGS
OF LONELINESS
AND ISOLATION