

Preparing Your Household In Case You Are Affected by COVID-19

Creating a plan in case you, or someone in your household, has been exposed or becomes ill will help manage anxiety and lessen worry. It is better to be prepared than to be caught off guard.



Support Network

- Form a support network of people you can rely on if COVID-19 impacts you.
- Exchange detailed contact information with your network.
- Alert them to where they can find a key to your home, as well as your key documents.
- Customize the plan to fit your family's needs. (See Child/Elder Care and Pet Care below.)
- Review the [ConnectCARE](#) program. Vanderbilt Work-Life Connections/EAP provides confidential teleconsulting counseling sessions to support faculty and staff who may need remote access to counseling and coaching services due to self-monitoring or social distancing requirements. To make an appointment with a counselor, call 615-936-1327.



Child & Elder Care

- If you become sick, even with minor symptoms, you will need to isolate yourself to prevent spreading the virus to those you care for.
- Create a back-up plan for child and elder care.
- Decide who will provide educational support for children participating in virtual school.
- Become familiar with school policies about illness & absences.



Pet Care

- You may need someone to take care of your pets, especially if you become seriously ill.
- Create a plan for back-up pet care. Talk with a neighbor, friend or relative in advance to plan for alternate pet care in the event you need it.
- Prepare a pet care info sheet that can be shared with the back-up caregiver including name and phone number of veterinarian, feeding schedule and any other special needs of your pet.



Medical Care

- Create a one-page list of key health information for yourself and members of your household. Include date of birth, social security number, health insurance information, as well as a list of all medicines you are taking along with dosages and schedules. Also note any drug allergies.
- Review Vanderbilt Walk-in Clinic locations to determine the closest clinic available for COVID-19 testing. [Click here](#) for Walk-in Clinic locations.
- Review the [Vanderbilt Workplace Exposure Program](#), a monitoring program supported by VUMC Occupational Health Clinic. Individuals with questions about known exposure can contact Occupational Health at 615-936-0955 or email occupational.health.clinic@vumc.org.



At Work

- Prepare to stay home if you or someone in your household is sick.
- Review the [Vanderbilt Workplace Exposure Program](#), a monitoring program supported by VUMC Occupational Health Clinic. Individuals with questions about known exposure can contact Occupational Health at 615-936-0955 or email occupational.health.clinic@vumc.org.
- Know policies – sick time, leaves/absences, and telecommuting. Ask your department administrator or human resources business partner for help in understanding your options.
- Know the call-out procedure and coverage plans for your department.



Groceries/Medications

- Consider alternative ways to purchase groceries and other household items (grocery delivery services, online shopping, delivery from people you know).
- Contact your pharmacy about delivery service options.
- Contact your pharmacy before you run out of your prescribed medications.