

All Saints Lutheran Church

COVID-19 Household Action Plan

We are encouraging all the saints to prepare for community exposure to COVID-19 not because we are fearful but because we know that God is our refuge and strength amidst the calm and the storm. When we prepare, like we do for hurricanes and other natural disasters, we are better able to care for and love our neighbors as God calls us to, even amidst the storm.

“God is our refuge and strength, a very present help in trouble. Therefore we will not fear.” ~ Psalm 46

- Who is most at risk for serious illness from COVID-19 in your household? (according to the CDC, older people, 60+, and those with underlying health conditions like heart disease, lung disease, and diabetes)?

- The CDC is recommending that people at high risk for becoming seriously ill from COVID-19:
 - Stock up on supplies now (medications, groceries, toiletries, pet supplies and cleaning supplies)
 - Take everyday precautions to keep space between yourself and others, ideally 6 ft
 - When you go out in public, keep away from others who are sick, limit close contact and wash your hands often.
 - Avoid crowds as much as possible
 - Avoid cruise travel and non-essential air travel.
 - During a COVID-19 outbreak in your community, stay home as much as possible.

What is your household doing well to protect those at high risk? What do you need to address?

- The CDC is recommending that **everyone** practice good personal health habits:
 - avoid close contact with anyone who is sick
 - stay home when you are sick, except to get medical care
 - cover your coughs and sneezes with a tissue and avoid touching your face
 - clean frequently touched surfaces and objects daily using a regular household detergent and water.
 - wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing or sneezing. If soap and water are not available use hand sanitizer that is at least 60% alcohol.

What is your household doing well? Where do you need improvement?

“..you whom I took from the ends of the earth, and called from its farthest corners, saying to you, “You are my servant, I have chosen you and not cast you off”; do not fear, for I am with you, do not be afraid, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand.” -Isaiah 41

“There is no fear in love, but perfect love casts out fear; for fear has to do with punishment, and whoever fears has not reached perfection in love. We love because he first loved us.” 1 John 4

- Make a plan for if someone gets sick. Where can they sleep and use the bathroom so there is minimal contact between those that are sick and those that are not? Who will be the primary caregiver if someone gets sick? What arrangements need to be made to telecommute for work or school?
- Create a household emergency contact list with contact information for family, friends, neighbors, carpool drivers, health care providers, teachers, employers, the local health department, and other community resources.
- If there is no one in your household currently sick or at high risk for being sick begin gathering necessary supplies in case you or your household need to isolate. Be sure to include medications, groceries, toiletries, pet supplies and cleaning supplies. Do **not** hoard gloves and masks. Leave those for medical personnel and households currently caring for sick people.
- Get to know your neighbors, if you don't already. Pay special attention to people in your neighborhood who live by themselves and/or are at higher risk of becoming seriously ill from COVID-19. Share this household preparation guide. Consider creating a neighborhood text list, phone tree, or facebook/social media group to check-in with one another, help one another, and share resources.

“Beloved, let us love one another, because love is from God; everyone who loves is born of God and knows God. Whoever does not love does not know God, for God is love. God’s love was revealed among us in this way: God sent his only Son into the world so that we might live through him. In this is love, not that we loved God but that he loved us and sent his Son to be the atoning sacrifice for our sins. Beloved, since God loved us so much, we also ought to love one another. No one has ever seen God; *if we love one another, God lives in us, and his love is perfected in us.*” -1 John 4