Step 6: WAYS TO PREPARE DURING THE PANDEMIC

Families everywhere are buckling down and isolating to protect themselves and to help flatten the curve. Although we’re still adjusting to a worldwide emergency, there are things you can work on at home to prepare for other types of disasters, such as earthquakes or wild fires. **HOW ABOUT THAT PLAN?**

One of the most commonly put-off-until-later activities in preparedness is making a family emergency plan. This isn’t the daunting task you may think it is. Break it down into smaller “bite-size” tasks and check them off one at a time. For an easy to follow, step-by-step outline, go to [www.ready.gov/plan](http://www.ready.gov/plan).

**TALK ABOUT IT, AND INCLUDE THE KIDS**

Discuss meeting locations and emergency contacts now so you will know what to do, how to find each other, and how to communicate in an emergency.

---

**WEATHERING THE PANDEMIC**

During this troubling time when COVID-19 statistics are growing by the hour, protecting the health of your family is likely at the top of your mind. To stay safe and help slow the spread of the virus, we all must follow the coronavirus guidelines, including social distancing and practicing good hygiene.

Chances are your household will need groceries and other supplies in the coming weeks. A little preparation beforehand can help make your outing less stressful.

- Before you head to the store, make a thorough list and sort items according to where they are located in the store.
- To ensure you don’t forget any necessities, first check your supplies on staples such as salt, oil, coffee, paper towels, baby formula, diapers, or whatever items your family uses most frequently.
- Plan the meals you’ll cook in the week ahead and consider what substitutions you’ll make if an item is out of stock. For instance, if ground beef is not available, can you use ground turkey?
- When you arrive at the store, check if sanitizing wipes are provided next to the carts. If so, use them to clean the cart and the handle, in particular.
- Focus on social distancing and maintain a minimum distance of 6 feet from others. Try to shop efficiently and get done quickly.
- After loading your groceries into your vehicle, return the cart and use the sanitizing wipes to clean your hands. Or if you have hand sanitizer in the car, use it.
- After you return home, remember to thoroughly wash produce before cooking.

**Supplies**

This month, focus on items you’ll need while isolating at home. It’s important to limit how often you shop so plan ahead and list the supplies your family uses daily.

- **Groceries**
- **Paper goods** (paper towels, napkins, toilet paper)
- **Cleaning supplies**
- **Toiletries** (toothpaste, soap, hand sanitizer, shaving cream, deodorant, shampoo/conditioner, styling products)
Additional Information

Share Your Progress and ENTER TO WIN!

Share your photos for a chance to win great emergency preparedness prizes!

- Take a photo of your emergency preparedness progress. Your photo can include:
  - Your supplies
  - A designated storage area
  - Activities, such as shopping or packing an emergency kit

Due to the pandemic, we have extended the submittal deadline until April 20, 2020. We will award prizes to TWO WINNERS on that date!

Send in your photos
...and be entered in the next prize drawing!

- Photos can be sent to TeamEmerald@epud.org,
- Posted to our Facebook page (www.facebook.com/EmeraldPUD),
- or mailed to the EPUD office at:
  EPUD 1 Step Forward, 33733 Seavey Loop Road, Eugene, OR 97405

Eligibility: Must be an EPUD customer to participate in prize drawings. By submitting your photo, you consent to EPUD using your photo and first name on our social media channels, email communications, and printed publications.

View or download past editions of 1 Step Forward newsletters at www.epud.org/1-step-forward-monthly/

Thank you for participating in EPUD’s 1 Step Forward program!