

# FAMILY EMERGENCY PLANNING FOR COVID-19

Have you and your family made a personal emergency plan in the event somebody in your household gets infected with COVID-19 and needs to self-isolate or be hospitalized?

**Make an Emergency Plan for your household. Here are some things to consider:**

- Don't wait, start your emergency planning now, before you need help
- Contact nearby relatives or close friends to plan for care for your children in case you cannot care for your children due to self-isolation requirements or you become too ill or need to be hospitalized.
- If possible, select emergency caregivers who are not at increased risk of getting COVID-19 or getting severely ill. People who are at increased risk include:
  - People who are older
  - People of any age who have other serious health problems — such as heart or lung conditions, weakened immune systems, obesity, or diabetes
- Determine whether an emergency caregiver would come to stay at your home, or would your children go to theirs? Remember, your children will have been in close contact with an infected person, so what is the safest approach for their care?
- Make a list of any special instructions required for care of your children (are they on medication, do they have allergies, do they require specific routines)?
- Prepare a bag for your children, packed with all the things they would need if they go to a caregiver's home
- List key phone contacts (family doctor, school, other family members, etc.)
- Do you have others in your home, such as elderly parents, who will require assistance too?
- Do you also have pets that would require care or a temporary place to stay?
- Talk with your family about the arrangements that you are putting in place
- Print a copy of your plan in case you need to give it to emergency services or a health care provider etc.
- Complete the **York Region Family Emergency Planning for COVID-19 Form** at [york.ca/COVID19FamilySupport](http://york.ca/COVID19FamilySupport)

## CONSIDERATIONS WHEN SELECTING AN EMERGENCY CAREGIVER

If you have COVID-19, you may have exposed people in your household, including your children. If possible, select emergency caregivers who are not at increased risk of getting COVID-19 or getting severely ill. People who are at increased risk include:

- People who are older
- People of any age who have other serious health problems — such as heart or lung conditions, weakened immune systems, obesity, or diabetes

If you must select caregivers who fall in these categories, make sure they are following safe self-isolation guidelines.

### PUBLIC HEALTH

1-877-464-9675  
TTY 1-866-512-6228  
[york.ca/COVID19](http://york.ca/COVID19)



## RESOURCES AND SUPPORTS

While self-isolating, implement Public Health measures for others within your home. Practice physical distancing whenever possible, wear face masks, wash hands often and regularly disinfect high touch-point surfaces, such as knobs, handles, railings, and faucets, etc.

If you are unsure whether you need to self-isolate or get tested, please contact York Region Public Health at 1-800-361-5653.

For additional information, please see the following resources:

- [COVID-19 Self-isolation Advice](#)
- [How to Care for a Child who Needs to Self-Isolate](#)

If you require assistance or advice on making a Family Emergency Plan for COVID-19, including making arrangements for the emergency caregiver, or need Personal Protective Equipment (PPE) for a caregiver to provide care, please contact:

- Carefirst Seniors and Community Services Association by phone at 416-502-2323 or email [info@carefirstontario.ca](mailto:info@carefirstontario.ca)
- Vaughan Community Health Centre COVID-19 Information Line at 905-226-7332

**Call 911 if you have severe COVID-19 symptoms, like difficulty breathing, extreme shortness of breath or severe or sudden onset of chest pain.**