

# BOAND FAMILY COVID-19 PREPAREDNESS PLAN v5

## Normal Life

|  |
|--|
| <b>Conditions:</b> Routine day-to-day life. Keep up with the news. |
| <b>Food Supply:</b> Normal + 1 week reserve supply                 |
| <b>Cash-on-Hand:</b> Normal.                                       |

|  |
|--|
| <b>Stored Food Focus:</b> Your regular routine for grocery shopping and storage - at least one weeks of food in reserve. |
| <b>Car Pack:</b> Check your Car-Pack once a Year / Replenish key items as needed. - One pack per person.                 |

## Stage 1 - Expanding News Coverage / Limited Cases

|  |
|--|
| <b>Conditions:</b> The news media is reporting the potential of epidemic or pandemic conditions in US or other nations. Very few or no cases in your state or locality. USA cases fewer than 1,000 (<1,000). |
| <b>Food Supply:</b> Your normal weekly food supply + a two week food reserve.  |
| <b>Cash-on-Hand:</b> Normal cash supply + \$100 in \$20s and smaller bills for your reserve.   |

*(Stage as of 3/2/2020 - Begin Stage 2 preparations on 3/7/2020)*

|  |
|--|
| <b>Stored Food Focus:</b> Develop a two week reserve food supply with pasta, canned goods (beans, tomatoes, chili, soups, pasta sauces), 5+ lbs of rice and other grains, and things you might like such as Mac-n-Cheese and Ramen. Add breakfast cereals, oatmeal and muffin mixes to your supplies. Store some fun foods and sweets. Make a two week reserve food menu and adjust your quantities as needed. Also, maintain your normal food supplies. Compute calories @ 2,000 per day per person or 28,000 calories per person per two week food reserve. Make sure you have seasonings and oils to boost taste and calories. Frozen vegetables and other "good" foods also should have a role. Eat healthy. |
| <b>Car Pack:</b> Check your Car-Pack Now / Replenish key items such as batteries now. Maintain fuel levels in your vehicle(s).   |
| <b>Water:</b> Purchase a case of bottled water and place in storage.   |

## Stage 2 - Increasing Number of US Cases

|   |
|---|
| <b>Conditions:</b> A significant number of US cases begin to occur. You will begin to see people stocking up. Store shelves will be somewhat depleted during the day. Learn how to operate your NOAA all-hazards alert radio. Develop your family communications plan. A number of public events will be cancelled. USA cases >1,000 but <10,000. |
| <b>Food Supply:</b> Increase food stores to one month plus. See Stage 3 below.  |
| <b>Cash-on-Hand:</b> Normal cash supply + \$200 in \$20s reserve.   |

*Stage as of March 10, 2020. Stage 3 conditions emerging.*

|  |
|--|
| <b>Stored Food Focus:</b> Build your canned goods supply adding items that you do not have to cook for long period. Buy items you will normally use such as peanut butter, baking soda, baking powder, pancake mix and syrup. Stock freezer with microwave vegetables. Buy a 30 day Emergency Food pail per person or backpacking meals before they become unavailable. Buy three dozen eggs or stock powdered eggs and milk. Hard boil a dozen+ eggs. Purchase a month+ supply of pet food. Think of your needs for household goods like soap, laundry detergent, toothpaste, feminine products, and TP. Reasonably stock up. |
| <b>Car Pack:</b> Bring your Car-Pack and any valuables into the house / take with you every trip. Don't let you vehicle fuel get below half a tank.  |
| <b>Water:</b> Purchase another case of bottled water and place in storage / Use tap water day-to-day.  |

# BOAND FAMILY COVID-19 PREPAREDNESS PLAN v5

## Stage 3 -Wide National Concern - Epidemic/Pandemic Conditions Have Developed - *Current Stage as of March 17, 2020*

**Conditions:** Stores shelves will be may depleted by mid-day. General malaise and some public panic. Public events cancelled. Mass transit closures. Social distancing is advised. Supply chain impairments are now occurring. Implement your family communications plan. Use your NOAA All Hazards emergency radio. Charge all reserve batteries for cell phone, radios and maintain charged condition daily. Refill any medication prescriptions, if possible, so that you have a 3+ month supply. If you are single, prepare and implement a BUDDY PLAN as Stage 4 approaches. USA cases > 10,000 but <100,000.

**Food Supply:** Maintain your normal food supply plus and increase your emergency food reserve to two to three months if possible.

**Cash-on-Hand:** Normal cash supply + \$500 in \$20s and smaller bills reserve . Get a few rolls of quarters (\$10 each).

**Stored Food Focus:** Expand your reserves to include more liquid oils (olive and canola), rolls of hamburger or other meat, a ham, honey, sugar, flour and yeast. Keep freezer full. Buy 5-10 lb. bags of flour. Keep all semi-perishable food (pasta-rice-flour-oils) in the refrigerator if you are in a humid climate. Up your pet food supply to 3 months. Stock special needs foods heavily now. You may want stock up on dried onion flakes, salt and pepper. Don't forget some fun foods.

**Car Pack:** Bring your Car-Pack and any valuables into the house / take with you every trip.

**Water:** Purchase another case of bottled water and place into storage / Use your regular water supply day-today.

**Safety:** Increase situational awareness / Implement household protective measures as you feel necessary.



## Stage 4 - Social Distancing & Local/Regional/National Quarantine - *Will occur in a week or two depending upon your location.*

**Conditions:** Household quarantines in-place in areas across the USA. Stores shelves will likely be depleted. Rationing of goods likely. All public events cancelled. Mass transit closures. Supply chain impairments are apparent. Temporary rotational power outages may occur. It is expected that water and power supplies will generally be maintained. The quarantine period may extended for three months or more. If single, maintain your BUDDY plan. Communicate with family per your plan.

**Food Supply:** Maintain food reserves to the extent possible. Food rationing/distribution via PODs may occur. If your household is formally quarantined, request meal/food deliveries.

**Cash-on-Hand:** Your emergency funds should be in-hand and secure. Utilize banking /ATMs as may be allowed.

You many be using up your normal and emergency reserve foods if a quarantine process is put in place. Keep all perishable and a portion of your semi-perishable food (pasta-rice-flours-oils) in the refrigerator. Enjoy the time to cook up new recipies. Use your emergency pail food last. You may need it to go. You may be asked at PODs if you have food at home. Answer truthfully all inquiries. Care for the sick if there are in your household. Use nitrile gloves and face coverings when caring for all persons. Know how to make disinfectant solution.

**Car Pack:** Bring your Car-Pack and any valuables into the home / take your Car Pack with you every trip. Please note that travel restrictions may be enforced limiting your access to normal services.

**Water:** Use tap water / Reserve bottled water for drinking during outages or movement in a resolation order. NOT EXPECTED.

**Safety:** Travel only as allowed by officials. Increase your daily situational awareness. Implement / maintain household protective measures. Implement safe travel procedures.

## BOAND FAMILY COVID-19 PREPAREDNESS PLAN v5

**Social Distancing:** Is a process when put in place that limits or restricts travel and public behavior. With the exception of direct family members, you may not approach another person closer than 6 to 10 feet as specified by authorities. Schools and nearly all public facilities will be closed. Your access to government and private sector assets will be restricted. In other words, controlled access to shopping. Expect local/regional/national/international travel to be restricted.

**Quarantine / Isolation:** A quarantine is normally used to indicate that an exposed person is required to stay in a quarantine facility or at their home. It is a government ordered action with penalties for violation. Isolation typically occurs when a household member has been determined to be infected. A regional quarantine may also be imposed. Under a quarantine, you may not be allowed to leave your home for 2 to 3 weeks or longer.

**Car-Pack:** is your vehicle travel emergency / "survival" pack. Determine contents based upon seasonal weather and social risk conditions. Your Pack should include food, water, flashlight/headlamp, foul weather gear, a map and compass, extra clothing, extra batteries, self protection devices, an extra water bottle, water filter or purification tablets, TP, first aid supplies, sun protection, matches and/or a lighter, a knife and can opener (or multi-tool), an emergency blanket or shelter, and money. Tailor your Pack to your situational needs. Take a cell phone charger or backup battery with you on vehicle trips. Maps should include a city, regional, and state map. If you travel state-to-state, have a map for each state with both major and secondary highways.

***BEWARE of Normalcy Bias.*** It is a *psychological state of denial people enter into preceding an emergency or disaster and as a result they underestimate the possibility of the disaster actually happening and the effects on their life and property. Their denial is based on the assumption that if the disaster has not occurred in recent memory, it will not occur. Normalcy bias can be extremely hazardous to your health, safety, and welfare. It will impair your ability to support your needs and your family's needs in a disaster-emergency.*