



# My House Plan CHECKLIST

## For Myself

- Support Person: \_\_\_\_\_
- Call my employer to ask about PTO \_\_\_\_\_
- Cancel RSVP to crowded events \_\_\_\_\_
- Call my doctor to get medicine \_\_\_\_\_
- Practice my self-care \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## For my Kids

- Support Person: \_\_\_\_\_
- Make a list of activities for them \_\_\_\_\_
- Teach kids how to wash hands \_\_\_\_\_
- Give them an emergency # list \_\_\_\_\_
- Practice what to do if they need help \_\_\_\_\_
- Call their doctor to get medicine \_\_\_\_\_
- \_\_\_\_\_

## For my Household

- Buy toilet paper, tissues, soap \_\_\_\_\_
- Grocery Shop for items to freeze \_\_\_\_\_
- List of emergency #s \_\_\_\_\_
- Dedicate 1 room to anyone sick \_\_\_\_\_
- Check to see if anyone is high risk \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Other

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



# My House Plan CHECKLIST

- Sneeze into elbow  
\_\_\_\_\_
- Take my meds  
\_\_\_\_\_
- Get enough sleep  
\_\_\_\_\_
- Eat healthy  
\_\_\_\_\_
- Self-Care Activities  
\_\_\_\_\_
- Avoid anyone sick  
\_\_\_\_\_
- When possible, stay home  
\_\_\_\_\_
- Stay home if sick  
\_\_\_\_\_
- Wash hands OFTEN  
\_\_\_\_\_
- Clean surfaces  
\_\_\_\_\_
- Don't share food, drinks, phone, etc  
\_\_\_\_\_
- Limit close contact, stay 6 ft away  
\_\_\_\_\_
- Avoid touching face  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_

## EMERGENCY #S

Emergency Contact:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Central Ohio Poison Center:  
(800) 222-1222

Netcare Access:  
(614) 276-2273

Nationwide Children's Hospital:  
(614) 722-1800

Ohio Department of Health:  
1-833-427-5634

National Suicide Prevention Lifeline:  
1-800-273-8255

Help with Food:  
2-1-1

Website with info, tips, & advice  
[www.coronavirus.ohio.gov/](http://www.coronavirus.ohio.gov/)



# My House Plan

# MEDICAL INFO

Name:

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Allergies:

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Health Issues & Concerns:

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Medications:

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Important Info:

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Name:

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Allergies:

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Health Issues & Concerns:

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Medications:

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Important Info:

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# My House Plan ACTIVITIES

## Plan Ahead

Think of as many things you enjoy as possible. Check out a book from the library, find a new hobby to try, and get together with friends.

## Give Up Control

Reduce your stress, by realizing what you can control (yourself) and what you cannot (everything else).. Ask yourself honestly, is this something I have control over? If not, find a way to let it go.

## Set Aside Differences

Be prepared to be the bigger person and let differences go when spending time with family. Try to focus on the positive and before break, think of conflict resolution skills.

## Safety

If you are worried about your safety, PLEASE reach out to an adult before winter break, so we can help you safety plan! If you feel your mental health is worsening or you feel unsafe, you can call Huck House Crisis @ 614-294-5553 or National Suicide Hotline 1-800-273-8255

## Activities to Keep You Busy

Read a book from CML Digital Library

Play trivia

Make a scavenger hunt around your house

Meal Plan / Try cooking something new

Find 'brain games' on your phone or computer

Plant a garden

Have a fashion show

Plan your dream vacation

Web chat with family

Clean your house

Go old school with Walkie-Talkies

Start a bullet journal

Create a peaceful space for you

Work ahead on homework