



THE ANTRIM PROMISE HOUSEHOLD PLAN

This template provides options for households to consider as they prepare for a potential COVID-19 community outbreak. Not all options will be applicable to every household. Please fill out areas that apply to your home and the members therein.

This plan is based on CDC household recommendations which can be found in detail [here](#).

If you have any questions or require assistance to fill out this form, please contact Antrim County EOC at (231) 533-6569 or email at emergencymanagement@antrimcounty.org.

Disclaimer: This is a living document and will be updated periodically to reflect new information. It is your responsibility to keep up to date with local Health Department and State Executive Orders to know the most recent guidelines and policies that you will need to comply with. This is not a legal document, nor should it be considered legal advice.

ADDITIONAL RESOURCES

Antrim Promise

<http://www.antrimcounty.org/promise.asp>

CDC Household Cleaning

https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fprevention.html

CDC Funeral Guidance

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/funeral-guidance.html>

CDC Helping Children Cope

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/for-parents.html>





HOUSEHOLD PLAN

This household plan is a means of communication between household members detailing a plan of action in case of a community COVID-19 outbreak emergency. Please see disclaimer on the "Antrim Promise Household Plan" page 1.

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List of Household Members			
<i>Head(s) of Household</i>			
Name:		Household Relationship:	
Name:		Household Relationship:	
<i>Additional Household Members</i>			
Name:		Household Relationship:	

*Household relationship refers to the role that the person fills in the household. For example, parent (mother/father), grandparent (grandmother/grandfather), child, family friend, etc.

List of Emergency Contacts

Primary Emergency Contacts

Name:		Household Relationship:	Phone Number:	
Name:		Household Relationship:	Phone Number:	

Neighbor Contacts

Name:		Phone Number:	
Name:		Phone Number:	

Emergency and Resource Organization Contacts

Organization:	911 Emergency Dispatch	Website: antrimcounty.org/911_dispatch.asp	Phone Number:	911 or 231-533-8627
Organization:	Antrim County Emergency Management	Website: antrimcounty.org/eoc.asp	Phone Number:	231-533-6569
Organization:	Health Department of NW Michigan	Website: nwhealth.org	Phone Number:	231-533-8450
Organization:	Bellaire Community Food Pantry	Website: Facebook page available	Phone Number:	231-533-8600
Organization:	Department of Human Services	Website: Facebook page available	Phone Number:	231-533-8664
Organization:	Antrim County Baby Pantry	Website: Facebook page available	Phone Number:	231-492-7426
Organization:	Moms & Tots	Website: thegoodsam.org	Phone Number:	231-588-2208
Organization:	Antrim County Commission on Aging	Website: antrimcounty.org/coa.asp	Phone Number:	231-533-8703
Organization:	Antrim County Transportation	Website: antrimcounty.org/act.asp	Phone Number:	231-533-8644
Organization:		Website:	Phone Number:	
Organization:		Website:	Phone Number:	
Organization:		Website:	Phone Number:	

*Household relationship refers to the role that the person fills in the household. For example, parent (mother/father), grandparent (grandmother/grandfather), child, family friend, etc.

Home-Based Personal Health Habits

- Avoid close contact with people who are sick.
- Stay home when you are sick, except to get medical care.
- Practice proper respiratory etiquette, such as coughing and sneezing into a tissue then wash hands with soap and water for at least 20 seconds.
- Regularly clean *THEN* disinfect frequently touched objects and surfaces, such as doorknobs, tables, countertops, faucet handles, light switches, cabinet handles, etc.
- Frequently wash hands with soap and water for at least 20 seconds.
- Monitor household symptoms and look out for fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea, or vomiting, diarrhea. Symptoms can be tracked at misymptomapp.state.mi.us.

Outbreak Plan of Action

Take these steps before a community outbreak occurs.

- Communicate with anyone who needs to be included in the planning process, including household members, other relatives, family friends, neighbors, and so on.
- Consider and reach out to anyone who is at a higher risk for becoming sick with COVID-19 and create a care plan. (*This can be designated in the additional notes section.*)
- Choose a separate room and bathroom, if possible, to house a sick household member.
- Talk with neighbors about emergency plans and subscribe to or create a neighbor social media group where information and resources can be shared.
- Form a plan for childcare if your child's school or care facility is temporarily dismissed.
- Plan for potential workplace changes by learning about your employer's COVID-19 Preparedness and Response Plan as mandated by Executive Order 2020-97, know and understand leave policies, reporting procedures for suspected and confirmed cases of COVID-19 at the worksite, and so on.

Reminders if Community Outbreak Occurs

- Monitor household symptoms and look out for fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea, or vomiting, diarrhea. Symptoms can be tracked at misymptomapp.state.mi.us.
- Stay home if you are sick, especially if you have COVID-19 symptoms.
- Stay informed about the local COVID-19 situation by following updates from the Health Department of Northwest Michigan, visit antrimcounty.org, follow [Antrim County's regular](#)

and [Emergency Management](#) Facebook pages, and look for updates on local news networks.

- Utilize the room and bathroom (designated for a sick household member), if possible.
- Stay in contact with family, friends, and so on via phone calls/texts, email, messages, and other non-in-person modes of communication.
- Monitor, check-in, and take care of mental health needs of household members.
- Talk to children to see how they are processing and coping with the situation.

Resources from the CDC on helping children cope can be found [here](#).

- Continue everyday preventative measures such as covering coughs and sneezes with a tissue, washing hands with soap and water for at least 20 seconds, and frequently cleaning *THEN* disinfecting regularly touched surfaces and objects.

Additional Notes

Use this section to write out details for your individual household's plan. Continue on another page if needed.



**KEEP
CALM
AND
WASH
YOUR HANDS**



for more information
www.antrimcounty.org/promise.asp