

The recent spread of the COVID-19 virus has many people concerned about either a voluntary or mandatory quarantine. Here are some things you can do to prepare:

## STOCK UP.

Evaluate your emergency supplies and replace anything that has expired. Make sure you have enough non-perishable food in your house to last for up to two weeks. Freeze fresh fruits and vegetables for later use. Refill prescriptions as soon as you can to ensure you don't run out. Make sure you have enough pet food and medications on hand.

## EVALUATE YOUR WORK SITUATION.

If working from home is an option, consider what tasks are easiest to do remotely. Bring your laptop or portable drive home with you every day, or keep projects on remote servers current. (Always follow proper workplace procedures related to transporting or accessing files.)

## REARRANGE APPOINTMENTS.

Use your best judgment on whether to reschedule appointments. If mandatory, reschedule for after the quarantine is expected to lift.

## SET GOALS.

This is a good time to consider and reevaluate your short, medium, and long-term goals. After you've chosen what projects you want to pursue, hop online and do some research.

# QUARANTINE TIPS



## PLAN PROJECTS.

Compile a list of projects that need to be done around your household. Useful projects include cleaning closets or garages, reviewing your budget and finances, or reorganizing storage space. If possible, stock up on supplies before the quarantine starts. If this isn't an option, then do what you can with what you have.

## RELAX.

Treat your quarantine like a "staycation." Catch up on your reading list or streaming services, listen to music, play board games with your kids, call or video chat with friends and family.

