



FEMA



# COVID-19 Emergency Plan Template

Making a plan now will help ensure that you are prepared if you have to isolate or quarantine because of COVID-19. Your college or university will likely have a specific process to follow if you test positive for coronavirus or have been exposed to someone who is positive. It's important to follow that process. To help with COVID-19 preparedness, the Federal Emergency Management Agency (FEMA) and the U.S. Department of Health & Human Services (HHS) have developed this emergency plan template to organize some key steps you may want to take. This template should not replace the guidance from your school but can be used in addition to the direction you're being provided.

*Fill out each section below and then share this plan with your parents, another relative, a roommate or friend so they can support you during isolation or quarantine.*

## Housing

What is your current address?

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Are you able to use that address if you have to isolate or quarantine?

Yes       No

If "No", where will you plan to isolate or quarantine (list address):

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## Relocation

If you have to move to another location to isolate or quarantine, do you have transportation to get there? If not, how will you move? Note: If you have tested positive for COVID-19 or have been exposed to someone who is positive, you don't want to take public transportation such as buses, taxis, or ride shares because doing so could spread the virus.

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Do you have a disability or condition which requires that arrangements be made ahead of time to ensure your relocation site is accessible? If so, how will you make sure those arrangements are made? Do you have transportation to get there?

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## Food

You want to determine how you will eat during isolation or quarantine, particularly if you will need to provide your own food. To be prepared, ask and answer these questions:

Options	Yes	No	If no, what's the alternative?
Campus dining hall			
Take-out/delivery			
Refrigerator			
Microwave			

## COVID Preparedness Kit

You want to be ready for any emergency, but it's especially important in the current COVID environment. So, you want to prepare a supply kit in advance should you have to relocate because you become sick or have been exposed to someone who has tested positive for COVID. Depending upon where you isolate or quarantine (at home, your apartment or in a dorm) you may already have many of these items on hand. Be sure you have enough supplies to last 10-14 days. Here's a quick list to help you pack:

- Clothing to last 10-14 days (especially if you don't have access to laundry facilities)
- Bottled Water
- Food
- Prescription/Over-the-counter medicines (pain relievers, allergy medicines and antacids)
- Toiletries (shampoo, toothbrush, toothpaste, soap, washcloth, towels, etc.)
- COVID-19 supplies (masks, hand sanitizer, disinfecting wipes)
- Towels, pillows, extra bedding
- First-aid kit (bandages, disinfecting treatments, antibacterial ointment, digital thermometer, gauze, elastic bandage)
- Extra phone charger
- School supplies
- Comfort items

## Classes/Coursework

How do you plan to continue with your classes during isolation or quarantine? Will you need to make special arrangements if you have to isolate, quarantine or relocate?

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**Communication**

List at least two individuals who you will check-in with daily during isolation or quarantine.

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**Additional Notes:**