The Greene County Youth Health Council is a group of 10th-12th grade students from schools across the county. Their mission is to, *Help youth make the right decisions to lead better lives.* In response to the latest news regarding the Corona Virus they have compiled the following information to help students and their families prepare.

### Staying Healthy in Response to the Corona Virus

#### What you need to know

- Being prepared and responding to the Corona Virus means preparing yourself and your family
- Educate yourself with reputable sources (Indiana Department of Health, Centers for Disease Control)
- Be aware of your neighbors and loved ones, make sure they have what they need
- Check your medicine cabinet, be sure to have 30 days of your prescription medicines and over the counter needs

#### Long Lasting Healthy Foods to Have Ready

- Peanut Butter
- Tuna
- Nuts
- Dried Beans
- Canned Vegetables
- Dried Fruits/Canned Fruits
- Quinoa
- Jerky
- Any milk or milk alternative that doesn't require refrigeration
- Sweet Potatoes

#### Other Foods to Consider

- Dried Pasta
- Cereal
- Granola/Protein Bars
- Popcorn
- Oatmeal
- Canned Soup/Broth

#### Plan and Prepare (Centers for Disease Control, 2020)

- Create a household plan of action.
- Consider members of the household that may be at greater risk such as older adults and people with severe chronic illnesses.
- Ask your neighbors what their plan includes.
- Create a list of local organizations you and your household can contact in case you need access to information, healthcare services, support, and resources.
- Create an emergency contact list including family, friends, neighbors, carpool drivers, healthcare providers, teachers, employers, the local public health department, and other community resources.
- Discourage children and teens from gathering in other public places
- Choose a room in your house that can be used to separate sick household members from others.

---

The Greene County Youth Health Council works in collaboration with Purdue Extension Greene County and the IU School of Public Health.