



TOWN OF FRIDAY HARBOR  
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## Check out this list of 6 pro-active things you can do right now:

### 1. Get your info from dependable sources only.

#### San Juan County's Community Health:

<https://www.sanjuanco.com/1668/2019-Novel-Coronavirus>

#### CDC (Centers for Disease Control):

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

#### WHO (World Health Organization):

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

#### If you'd like a visual, check out this map from Johns Hopkins:

<https://www.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6>

#### If you need some perspective after seeing that map, compare it to the CDC's influenza map.

<https://www.cdc.gov/flu/weekly/index.htm#ILIActivityMap>

Avoid seeking information from FB Social Groups. They can be the largest source of misinformation. Instead, you are advised from health experts to consult the sources above. Check out these myth busters from the World Health Organization:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

### 2. Stock your emergency kit.

You may have more food in your house than you realize. But other types of supplies are important too (pet food, prescriptions, flu medicine, chicken soup, batteries, cash, etc.). There are many lists available online. The CDC has many lists available, including:

<https://www.cdc.gov/childrenindisasters/checklists/kids-and-families.html>

### 3. Make a plan, just in case.

Schools are closed. Senior living facilities could reduce services or close due to lack of staffing. Relatives and neighbors may need extra assistance. Is there a possibility of you and your spouse working remotely if needed? We can't plan for every possibility. But just the act of planning can help ease a person's level of distress.

If you own a Small Business, the San Juan County Economic Development Council has information available regarding resources to mitigate financial impacts, including:

<https://www.sanjuansedc.org/>

<https://www.sanjuansedc.org/sba-disaster-assistance-covid19/>

<https://www.sanjuansedc.org/resources-to-mitigate-economic-impacts-from-covid-19/>

#### **4. Hygiene isn't just a greeting.**

Put good hygiene on the front line of the battle. Most importantly, wash your hands frequently and don't touch your face! Do your part to stop the spread by covering sneezes and coughs with tissues or using your sleeve.

#### **5. Practice social distancing.**

As we all move forward in the coming month, you will notice that more businesses may become "by appointment" only. Ultimately, this is for your protection and that of its employees.

#### **6. Stay home if you're sick.**

Consult your doctor and the useful links above if you begin to feel sick or suspect that you may have been exposed. Don't risk spreading it to others. Stay home if you are sick!