

# COVID 19 PLAFE

## THE FAMILY

Name	Age	Parenthood	Health Aspects	Special Vulnerabilities (Which Ones)

\*Blood group, drug allergy, special need etc.

OBS: The family can include, which necessary/onvenient other information, such as blood group, drug allergy, special need, etc..

## RISKS, ACTIONS AND EMERGENCIES

Types of actions	Suggestions	Who does
General actions	<ul style="list-style-type: none"> <li>- wash your hands frequently</li> <li>- cover nose and mouth when sneezing</li> <li>- keep the environment airy and clean</li> </ul>	
When leaving home	<ul style="list-style-type: none"> <li>- use mask</li> <li>- stand 1.5m from another person</li> <li>- do not share objects</li> <li>- leave shoes in an appropriate place</li> <li>- clean the sole of your shoes</li> <li>- separate clothes for daily washing</li> </ul>	
domestic and personal tasks	<ul style="list-style-type: none"> <li>- clean the countertops</li> <li>- keep the house airy</li> <li>- keep nails short, without enamel or colorless base, clean hair, shave your beard and mustache every day</li> <li>- avoid wearing earrings, chains and bracelets</li> </ul>	
Social life	<ul style="list-style-type: none"> <li>- Entertainment (films, games, etc)</li> <li>- Remote family meetings</li> </ul>	
Surveillance measures	<ul style="list-style-type: none"> <li>- Symptoms checklist: cough, fever, runny nose, sneezing, headache, difficulty of breathing</li> </ul>	



Make a house plan. Find spaces that need to adapt and objects to be mobilize. Examples: shoe box, after coming for the streets, place to wash hands regularly, bedrooms that people are sleeping or/and staying with vulnerable relatives.

Attention:

keep the house and air conditioning clean

At the entrance of the house, mark a square to:



CLOTHES BASKET AT THE ENTRANCE OF THE HOUSE



SHOES SHELF



LAVATORY



CLEAN SHOPPING WITH ALCOHOL 70%

## SURROUNDING SKETCH MAP AND MAIN POINTS

Do a surrounding sketch map or tick on google map: supermarkets, drugstores, free clinics and "UPAS", restaurants, workplace, etc.

Signalize how access these places: on foot, by car, bicycle, motorcycle, public transportation, etc.

## WHAT IS COVID 19 - PLAFE?

It is a family emergency plan, which helps families to deal with the covid-19 pandemic, that has the objective of decreasing risks of contagion and transmission, preserving the health and family welfare.

**1 GATHER AND MOBILIZE THE FAMILY**  
Talk about COVID 19. Use official information. Record each member of the family in the "Family" table. Identify vulnerability in the home and environment.

**2 DEFINE ACTIONS AND RESPONSIBILITIES**  
Prepare a list of essential actions and those who carry them out such as: a) personal and domestic hygiene care; b) purchases and departures; c) beware of the elderly; d) actions in case of contamination, etc.

**3 ADD HOME AND PROGRAM EVENTUAL DEPARTURES IN ITS ENVIRONMENT**  
Make a sketch of the house. Adapt spaces. Isolate and clean objects used outside the home. Regulate the exits. Keep social distance. Prepare maps of priority displacements and transportation to be used.

**4 VALIDATE, REVIEW AND UPDATE YOUR PLAN**  
Make sure you do the recommended practices. Remember, validate and adapt the plan. Record successes and errors. Review the plan.





**IN THE BACK, PUT INTO PRACTICE INFORMATION ABOUT YOUR COVID 19 PLAFE**

## WHY TO DO A COVID 19 - PLAFE?

Coronavirus comes with advance notice and generates a pandemic. It is a highly contagious virus, which can cause since a common flu until a lung failure and death. In order to preventing and softening its impact, it is necessary to know how it spreads and how it acts in our body, but mainly, what to do to avoid it or/and to transmit preventing massive spread and hospital overcrowding.

## EMERGENCY KITS



EMERGENCY NUMBERS			
	<b>199</b> CIVIL DEFENSE		<b>193</b> FIRE DEPT.
	<b>190</b> POLICE		<b>192</b> SAMU
<b>136</b> HEALTH LINE		<b>911</b>	<b>112</b> DIAL INTERNATIONAL EMERGENCY

Only Access Secure Information:  
[www.saude.sc.gov.br/coronavirus/](http://www.saude.sc.gov.br/coronavirus/)  
Enter RESPONSABLE CONVIVIO GUIDE  
[www.coronavirus.sc.gov.br/wp-content/uploads/2020/04/GUIA-CONVIVIO-RESPONSAVEL.pdf](http://www.coronavirus.sc.gov.br/wp-content/uploads/2020/04/GUIA-CONVIVIO-RESPONSAVEL.pdf)

Do Not Forward Fake News  
Do Not Spread The Terror.

## SMS ALERTS:

Send a SMS to 40199 with your zip code. It is a free resource and a great use!



Or by official social networks

-  [www.defesacivil.sc.gov.br](http://www.defesacivil.sc.gov.br)
-  [facebook.com/defesacivilsc](https://facebook.com/defesacivilsc)
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