**Isolation and Quarantine During COVID-19**

**Home Assessment Checklist for Caregivers, Parents and Families**

This checklist is to help caregivers, parents and families determine what you may need to safely quarantine or isolate at home, and what local support services can help you do so.

*Determine if this checklist would be helpful for members of your school community, and fill in local community resources/supports that can provide the appropriate service*

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|  | **Check if you…** | **Available resources and assistance** |
|  | Have access to a private space in the home where someone sick can separate from others | Add local resource here |
|  | Have reliable access to drinkable water in your home | Add local resource here |
|  | Have access to laundry services without leaving your home |  |
|  | Can dispose of garbage and refuse without leaving your home |  |
|  | Have reliable access to groceries and/or food delivery without leaving your home |  |
|  | Have reliable access to needed medication or prescriptions without leaving your home |  |
|  | Have access to a healthcare provider that can provide virtual appointments or phone calls |  |
|  | Have a way to get to needed medical or care appointments without having to use public transportation |  |
|  | Have access to mental health services that can be provided to you at home (If needed) |  |
|  | Have caregivers who are healthy and available (if needed) |  |
|  | Have reliable access to cooling or heating in your home (if needed) |  |

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|  | **Check if you…** | **Available resources and assistance** |
|  | Have reliable telephone access |  |
|  | Have reliable Internet access |  |
|  | Can arrange care for pets during the isolation/quarantine period (if needed) |  |
|  | Are stably housed, with no concern of vacating your home during the isolation or quarantine period |  |
|  | Can isolate or quarantine without or with only minimal financial impact |  |
|  | Can arrange for childcare (if needed) |  |
|  | Have remote access to religious services (if needed) |  |
|  | Can follow to recommended precautions, along with household members, during isolation or quarantine |  |
|  | Have access to supplies that help prevent infection such as face coverings and gloves |  |
|  | Have access to health monitoring supplies such as a thermometer |  |
|  | Have access to cleaning supplies such as soap and water, disinfectant, and alcohol-based hand sanitizer |  |
|  | Have access to medicines that reduce fever, cough, or aches |  |