

My Personal Plan for Staying Healthy

During the COVID-19 Pandemic



Right Now in Your Life

The COVID-19 virus is still with us and the rules for going out into the community are changing. Right now, the Governor of California says that everyone needs to wear masks or face coverings and maintain at least 6 feet from people who are not living with you. There are other safety suggestions that you already know about like washing your hands, cleaning and disinfecting surfaces in your home, and so on. We hope that you doing those things.

Your Name

Date You Made This Plan

Who helped you with this plan?

Date to look at this plan again:

How are you feeling about the changes to your life because of the virus and having to stay at home? Are you sad? Afraid? Mad? Scared?



Your Feelings and How Can We Support You

What can we do to support you and help you feel better?

What support, questions or information do you need to make a good decision about going out into the community?



How will you stay safe at home and in the community? For example, California requires that everyone wear a mask most of the time in the community.

Thave a mask I will wear a mask

I want others with me to wear a mask

It is also recommended that you have the windows down when you are in a car. Is this okay with you? Yes No



Will you continue to?

| Wash your hands frequently?

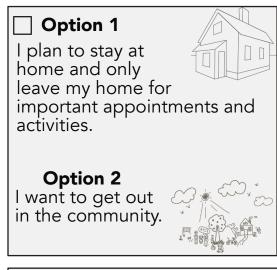
Clean and disinfect surfaces in your home?

] Socially distance when you are around others that do not live with you?

Other things:



Your Plans for Now



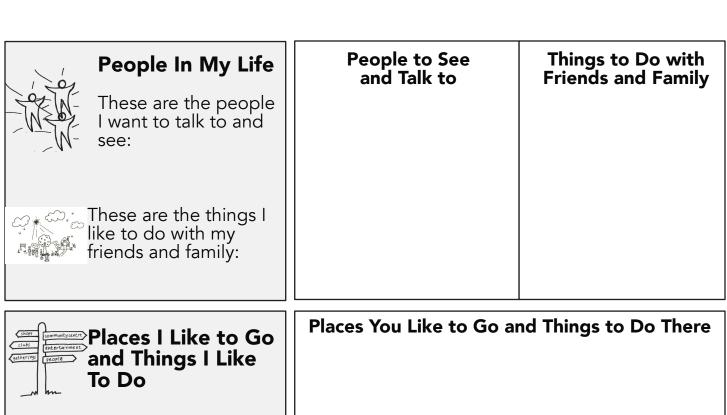
Important Appointments Important Activities

How will you stay safe? Please check everything you will do:
Wear a mask Stay six feet away from others Not share food and drinks Ask others to wear masks Wash my hands frequently Tell my family and friends about my safety plan Meet with my family and friends outside Be careful if handling my phone and money so others are not touching it Call ahead to ask what safety measures are in place where you are going Not pick up things other people have been using Avoid places where people are closer than six feet apart Avoid groups of more than 5 people
Other things I plan to do to stay healthy at home and in the community?

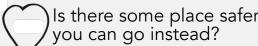


What kinds of things do you want to start doing again right away? Things I Want to Start Doing Right Away
At Home and in the Community





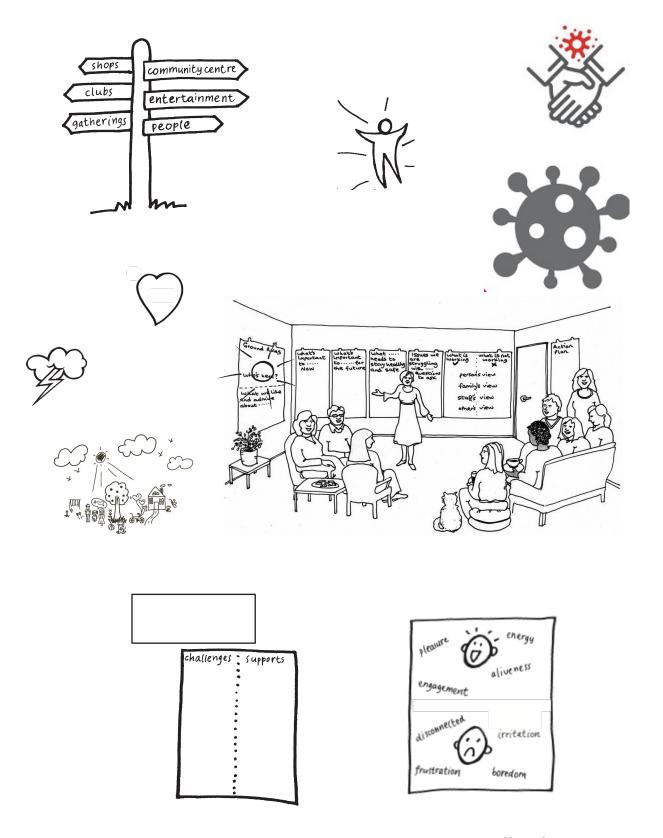
These are the places I like to go. What is really good about going to these places? What do you like about going there?



Is there some place safer

Support You Need to Stay Safe challenges: supports Support I Need to Stay Safe What support or information do you need to see or talk to people or go to places? How do you want to stay safe when you talk to or see people and go places: I will wear a mask I plan to stay six feet away from anyone who is not my family? What support will you need to keep a safe distance?





We are asking our staff to follow the orders for wearing a mask when they are in the community (except in special circumstances) so if there are places where it makes sense to mention this please do.