

Note: This Emergency Action Plan was created by and for The Eco-Institute at Pickards Mountain, a small non-profit organization on land that hosts several residences in Chapel Hill, North Carolina. Please feel free to share this material and/or adapt it for your organization or household. Please note that some of the resources referenced are local to our state and our county, so if you are located elsewhere you might adjust this plan for your own local authorities.

COVID-19 EMERGENCY ACTION PLAN

PREVENTATIVE ACTIONS

1. Register for emergency alerts: At least one person from each household, if not every individual, should register with the [Orange County Emergency Alert Center](#) (text or email).
2. Update phone contacts: Add a contact under the name "In Case of Emergency" or "ICE," or employ your device-supported system for ICE contacts.
3. Post the [Symptoms of COVID-19](#) and the Emergency Response Plan below somewhere in your household where all can see.
4. Meet as a household to establish a Household Emergency Prevention Plan:
 - a. **Know Your Needs and Resources:** Communicate the needs of each person, and those unique to your household as a whole: individual medical needs and equipment, dietary needs, pet care plan, etc. Identify the location of emergency supplies, such as charged batteries, phone chargers and backup power, emergency food, medical necessities, and First Aid supplies.
 - b. **Establish a Shelter and Quarantine Plan:** for isolating individuals who are suspected or confirmed to have coronavirus (designated room, stock with emergency supplies if possible). Collectively review "[What do Do if You Are Sick](#)" from the CDC to familiarize yourselves with the process.
 - c. **Establish an Internal Communication Plan:** Agree upon a short message to be used consistently for: 1) communicating you are OK, 2) communicating you need help and your location. Set two emergency meeting places: one in the neighborhood, one outside town.
 - d. **Identify Emergency Contacts:** Identify a short list of emergency contacts, including an out-of-town contact (outside of the community or even the state) who could be called upon to act as a central point of contact to reconnect separated members of your household. This contact should consent to this responsibility and have all the phone numbers of your party as well as top 3 locations frequented by each person.
 - e. **Post This Prevention Plan:** Write out and post this Household Emergency Prevention Plan somewhere in the household where all can see.

EMERGENCY RESPONSE PLAN

If you think you are sick, or someone in your household is sick:

1. **Isolate:** Immediately quarantine the patient in the agreed upon location. You/the patient should wear a facemask if available. As soon as possible, communicate with your household members

about your/the patient's status and location, outside emergency contacts if necessary, and ask for help as reasonable.

2. **Watch for Warnings:** If at any point you are/the patient is experiencing [Emergency Warning Signs](#) for COVID-19, call 911 or ask a household member to do so through the established systems.
 - a. A reminder that Emergency Warning Signs include: trouble breathing, persistent pain or pressure in the chest, new confusion or inability to arouse, bluish lips or face.
3. **Seek Help:** If possible, review [“What do Do if You Are Sick”](#) from the CDC. Call your doctor for medical advice, including whether you should be tested for COVID-19. If you do not have a primary care doctor, call 211 or the local health department: for Orange County, 919-245-6111.
4. **For Questions:**
 - a. Call the 24/7 North Carolina Poison Control Coronavirus Hotline: 866-462-3821.
 - b. Communicate with [UNC Health Care](#) through their Health Tab on the bottom corner of their webpage.
 - c. For mental health support, call 800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor (from the SAMHSA Disaster Distress Hotline).

In all cases, follow the guidance of the response team, your healthcare provider, or the local health department.

RESOURCES:

- [Ready.gov: U.S. Department of Homeland Security's Disaster Planning Resource](#)
- [CDC's Detailed Planning Guidance for Households](#)
- [NASCO \(North American Students of Cooperation\) COVID-19 Resources](#) for Communal Living
- [Earthaven Ecovillage Pandemic Response Protocol](#)
- [Congressman David E. Price's Resource Guide](#)
- [Dr. David Price on protecting your family, in particular his guidance in the event of infection starting about 20 minutes into the video](#)