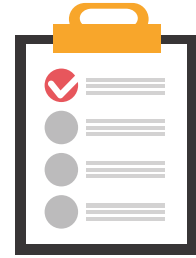


# Be Prepared for COVID-19



**Make a plan that includes:**

**Essential supplies (two weeks' worth) on hand so you will not need to leave your home if you become ill - please don't stockpile**

**Alternative arrangements in case you become ill or if you need to care for sick family members**

**Reducing your exposure to crowded places if COVID-19 becomes common in your community**

Get **COVID-19** info at  
[www.bccdc.ca](http://www.bccdc.ca)