

Weathering the Storm

Planning ahead for coronavirus

Tip 1: Stock Up

- plenty of water
- disinfectant wipes to keep everything germ-free
- vitamins to maintain good immune health
- food that won't spoil (frozen pizzas are always a crowd favorite; prepping and cooking them is quick and easy)



Tip 2: The Holy Grail



- Being at home for long periods of time can be gray. Avoid the isolation zone by putting down the remote and breaking out some of your favorite board games. Whether it's rolling the dice to acquire the best game properties or stacking blocks until your opponent tumbles the tower, stay connected to the people around you.
- Take a virtual tour — Did you know that museums from around the world are allowing you to take a virtual tour from your own couch? Google Arts & Culture has teamed up with over 2,500 museums and galleries including the British Museum, Van Gogh Museum in Amsterdam, and the National Museum of Modern and Contemporary Art in Seoul. You can gain exclusive access and [start your virtual tour here](#).

Tip 3: Before You Embark

If you have a car and can drive out into the countryside, or are perhaps able to walk into remoteness from where you are, then self-isolation doesn't necessarily mean staying inside. But before you embark, here's a quick checklist to ensure you're prepared:

- Pack an emergency bag equipped with a first-aid kit, a warm blanket, a jug of water, energy bars, a wind-up flashlight, and a back-up phone charger.
- To avoid being stuck road-side with a flat tire or damaged rim, check your vehicle wheels before departing. If you have an older vehicle, you can check your tire pressure by using a tire gauge (most gas stations have this tool for free use). If you have a newer vehicle, your manufacturer's recommended PSI can be found on your vehicle's dashboard.
- Check weather and travel conditions before heading out. If you are traveling a long distance, plan your route ahead of time.



Tip 4: Planet You

You determine your own health—you are your number one priority. Regularly check your temperature, wash your hands frequently, and be aware of the signs of not feeling well.