



COVID-19 GUIDANCE

Making a household plan

The aim of this tool is to help you plan how you will respond to Covid-19. By taking the time to reflect on your household's needs and commitments, you can prioritise actions that will help protect you from the virus and its potential negative impacts on your life.

Why make a household plan?



Reduce negative impacts of Covid-19 on you and your household.



Relieve stress and anxiety as you make a plan and take positive actions.



Decide on daily, weekly and emergency actions you can take to protect your household.

Households have a responsibility to help prevent the spread of Covid-19. This can only be done if they work together and share responsibilities.

 tearfund.org/covid19
 covid19-response-team@tearfund.org

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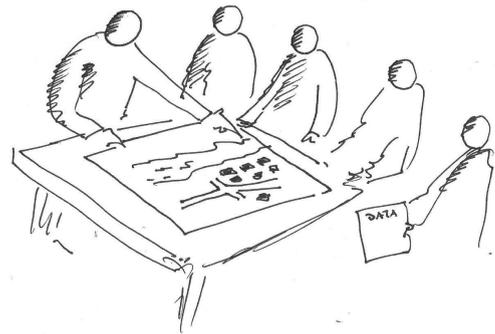
How to make a household plan

Start with who is in your household

- How might each person be affected? Is anyone at greater risk?

It's important to think about each member of your household, from the youngest to the oldest, and to involve them in the discussion.

By including them, you will come up with better ideas and suggestions than if you just plan alone. Perhaps we need to consider how to avoid one person having too much of a burden of care in the house. Or perhaps we need to think of alternative ways for a child to continue their education.



Guided by the questions below, discuss how each person in your household will be affected by Covid-19

- How will Covid-19 preventative measures (eg physical distancing, lockdown) affect their life in general (such as education, livelihood, workload)?
- What are their essential needs (eg food, medicines)?
- What happens if someone in our household contracts Covid-19?
- How can we work together to protect and support each other to share responsibilities fairly and equally?

Each person will have different daily commitments and essential needs. Write down some notes in response to the question above, or use the table below to work out how Covid-19 might affect you.

Name	Impact of preventative measures (eg physical distancing, lockdown) on each person	Impact on the family if members contract Covid-19	Essential needs
Person 1	<i>Eg: Cannot work</i>	<i>Eg: No income</i>	<i>Eg: Food</i>
Person 2			
Person 3			

Now consider the following questions:

- Who is at greatest risk of infection in our household?
 - For example: the father, mother, child, any other family member who has to go out to work, the children playing in the neighbourhood, going to fetch water at a central point, the one with a terminal illness, the children not being in school etc.
- Are there additional things we can do to protect them?
- Do we have the appropriate and recommended washing facilities and how accessible are they? You need to consider each member of the household's ability to access them.
- How will we carry out the recommended hygiene practices and physical distancing measures that are needed? (For example: If you have a young child, can you perhaps encourage them to sing a song every time they wash their hands, to ensure hands are properly clean?)
- What are essential things we need? How will we ensure we will continue to have access to them?
- Where will we find up-to-date information on Covid-19? Can we trust this source?
- Are there community or family networks around us? Who can we ask to help us if we can't get out to buy food, for example? Who could take us to hospital?
- What local and government organisations might be able to help us access the support we need? Is our local government offering any support we can access?
- How will we access health care if I or someone in my family gets sick?
- If one of us falls ill, do we have a room they can self-isolate in?
- In an emergency, who will we need to contact? Make a list of health care services, local organisations and people you trust who can help.
- How will we keep connected to friends and family during this time? (For example: can you make sure your phone is topped up if you use prepaid credit?)
- What can we do each day that brings us joy? It's important to stay positive. (For example, if someone misses playing football with their friends, perhaps you can play another game together inside.)
- Is anyone working harder than others? Could we do something to support another member of the household? It's important to share the burden of household work and care among members of the household, being sure this is appropriate for their age. In these situations, we know that care needs can increase for vulnerable members of a household. It's important we are mindful of how each person is working so that we can distribute the burden fairly to be more manageable for everyone.

Write down some notes in response to the questions above, or use the table below to list the actions you will take during the pandemic.

	Everyday actions	Weekly actions	Emergency actions (eg if someone in the family falls sick and we all need to stay home, including tasks we may need others to take on)
Everyone	<p><i>Eg: Making sure there is soap & water to practise good hygiene</i></p> <p><i>Listening to daily radio show for an update on Covid-19</i></p>	<p><i>Eg: Playing a game together as family</i></p> <p><i>Making sure phone is topped up weekly to ensure we are able to stay connected to our community</i></p>	<p><i>Eg: Ask [X] to help food for us and check they're happy to keep doing so</i></p>
Person 1			
Person 2			
Person 3			

Make this plan available to those in your support network (eg people in your church or wider family) and get their feedback on it. Go back to the list and update it weekly.

Always be careful not to share sensitive and personal information about yourself or those in your household with others.

Focusing on our household does not mean that we stop thinking about our neighbours, especially if they are vulnerable. You may find the [Mapping tool for risks and vulnerabilities](#) resource helpful too. Consider working with local organisations and those in your church or home groups to identify who might need your support.