

# **Safer At Home: 10 Essential Tips for Creating a Safe and Comfortable Haven**

With the world facing unprecedented challenges due to the COVID-19 pandemic, staying at home has become the new norm. As we adapt to these extraordinary circumstances, it is crucial to ensure that our homes are not only comfortable but also safe havens where we can protect ourselves and our loved ones. In this article, we will explore ten essential tips for creating a safer and more secure home environment during these uncertain times.

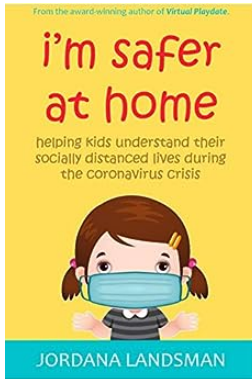
## **1. Enhance Home Security**

One of the first steps towards creating a safe home is ensuring a robust security system. Make sure to install secure locks on all entry points, including doors and windows. Consider investing in a reliable home security system that includes features like surveillance cameras, motion sensors, and alarms. These installations will not only deter potential intruders but also provide you with peace of mind.

## **2. Create an Emergency Preparedness Kit**

Given the current circumstances, it is vital to be prepared for any emergency situation. Create an emergency preparedness kit that includes essentials like non-perishable food items, bottled water, first aid supplies, flashlights, batteries, and a battery-powered radio. Keep this kit easily accessible and ensure that everyone in the household knows where it is located.

**I'm Safer at Home: Helping kids understand their socially distanced lives during the coronavirus crisis** by Jordana Landsman (Kindle Edition)



★★★★☆ 4.7 out of 5  
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### 3. Establish a Sanitation Routine

A proper sanitation routine plays a crucial role in preventing the spread of germs. Make it a habit to regularly disinfect frequently touched surfaces in your home, such as doorknobs, light switches, countertops, and electronic devices. Use EPA-approved cleaning products and follow the guidelines provided by health authorities to ensure effective disinfection.

### 4. Create a Dedicated Workspace

As remote work becomes increasingly common, it is essential to set up a dedicated workspace within your home. This area should be comfortable and free from distractions to enhance productivity. Ensure that your workstation is ergonomically designed to minimize any potential strain on your body.

### 5. Prioritize Mental Well-being

Being confined to our homes can take a toll on our mental well-being. It is crucial to prioritize self-care and engage in activities that promote relaxation and stress reduction. Create a daily routine that includes exercise, meditation, hobbies, and regular breaks from screens. Connect with loved ones virtually to combat feelings of isolation.

## **6. Improve Indoor Air Quality**

Indoor air quality is essential for creating a healthy living environment. Keep your home well-ventilated by opening windows whenever possible. Consider investing in air purifiers to remove pollutants from the air. Regularly clean or change air filters in your HVAC system to ensure optimal functionality.

## **7. Secure Electrical Outlets and Cords**

With increased time spent at home, it is essential to pay attention to potential electrical hazards. Secure electrical outlets with outlet covers, especially if you have young children. Avoid overloading electrical sockets and ensure that all cords are properly organized and away from high-traffic areas to minimize tripping hazards.

## **8. Stock Up on Essential Supplies**

Preparing for potential disruptions in supply chains is crucial during uncertain times. Create a well-stocked pantry that includes non-perishable food items, cleaning supplies, personal hygiene products, and prescription medications. Avoid panic-buying and only purchase what you and your family genuinely need to ensure fairness and accessibility to everyone.

## **9. Establish a Communication Plan**

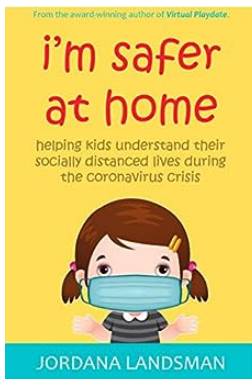
Having a clear communication plan is vital, especially in emergency situations. Ensure that all members of your household understand how to contact each other in case of an emergency. Keep important phone numbers saved in your phone and have a backup alternative, such as a written list of contacts, in case of power outages.

## **10. Stay Informed**

Lastly, staying informed is the key to adapting to changing circumstances. Stay updated with reliable news sources and follow guidelines provided by local health authorities. By staying informed, you can make informed decisions to protect yourself and your loved ones.

Creating a safer and more comfortable home environment is essential during these challenging times. By following these ten essential tips, you can transform your home into a haven where you and your family can thrive, safe and sound.

Remember, we are all in this together, and by prioritizing the health and safety of ourselves and those around us, we can overcome any challenge that comes our way. Stay safe, stay strong, and stay Safer At Home!



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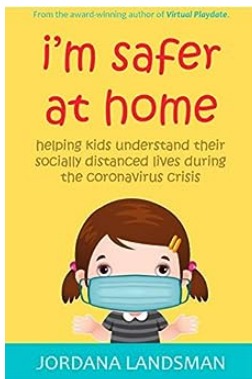
### Talking COVID with Kids Ages 3+

This sweet, sensitive, apolitical children's book talks directly to kids about their experience of sheltering in place during the COVID-19 public health crisis.

As adults process the profound personal and economic impacts of the coronavirus pandemic, kids are facing their own shocking changes. For many families, in-person school and activities have paused, kids and parents are home, and life is very different than before.

With this upbeat, age-appropriate book, families can cuddle close and read together, giving children context and confidence during these extraordinary times. Kids will see themselves in the pages, and families can gain perspective to advance the conversation together.

Award-winning author Jordana Landsman is mom to three housebound kids whose busy world came to a halt in March 2020. She is the author of many family books, including the hilarious *Virtual Playdate* and *The Princess Profession*. Jordana and her family are safer at home in Los Angeles, CA.



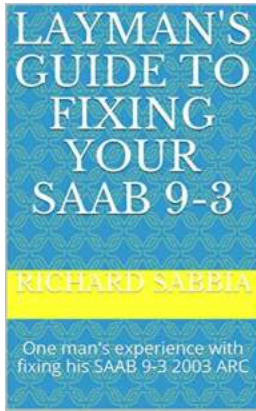
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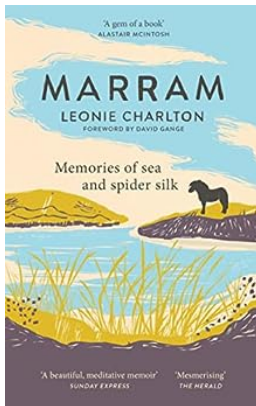
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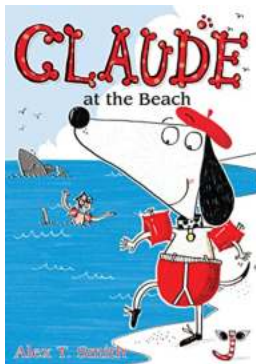
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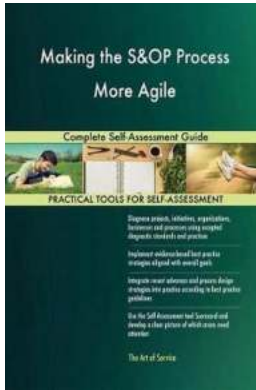
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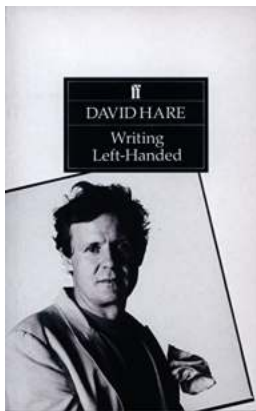
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