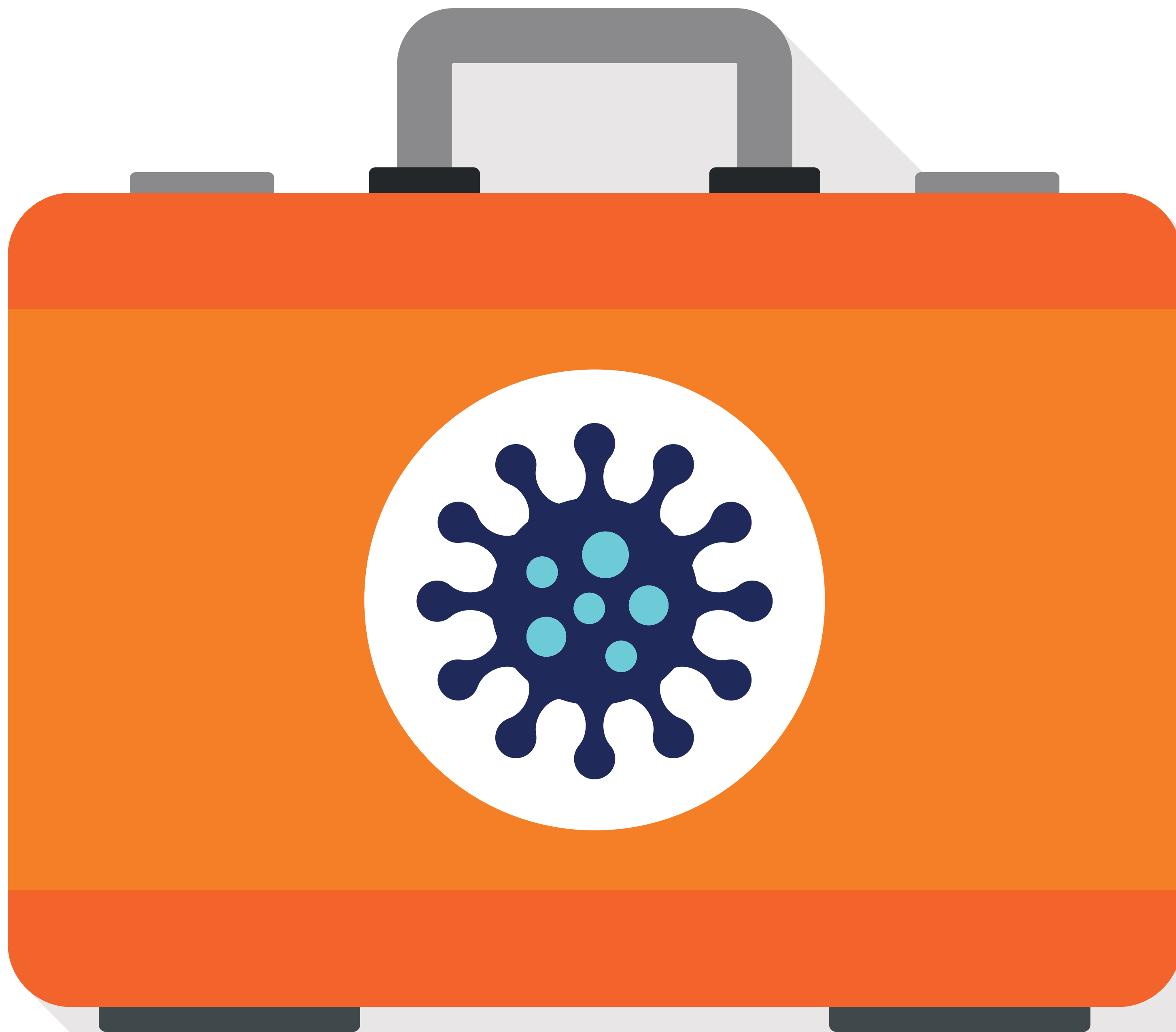




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# COVID-19 PREPAREDNESS KIT

If a family member test positive for COVID-19 tomorrow would you be ready? What can you do now to prepare.





## PREPARATION

- ✓ Quarantine plan for the house (Bed / bath for sick and non-sick family members)
- ✓ Health insurance + doctor info
- ✓ CDC Guidelines [Click Here](#)
- ✓ Calender to log dates, time, calculate quarantine
- ✓ Designated electronics, chargers, etc
- ✓ Family / friends identified who can bring meals and run essential errands

## SUPPLIES

- ✓ Face masks
- ✓ Disposable gloves
- ✓ Disinfectant cleaner
- ✓ Hand sanitizer / soap
- ✓ Garbage bags
- ✓ Tissues
- ✓ Toilet paper
- ✓ Laundry Soap
- ✓ (2) Digital thermometers



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## MEDS

- ✓ Anti-inflammatory medicine such as Tylenol for adults and / or children
- ✓ Anti-nausea medicine such as Roloids
- ✓ Cough drops
- ✓ Prescription medications



## FOOD

- ✓ Chicken broth
- ✓ Saltines / crackers
- ✓ Freezer meals
- ✓ Grocery delivery service
- ✓ Water
- ✓ Beverages to restore electrolytes such as Gatorade