

CoronaVirus Essentials Checklist

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To prepare for a pandemic you should have a 14 - day supply of food for each family member (and pet!)

FOOD AND BEVERAGES

- Bottled Water (and/or cartons)
- Coffee, tea, creamer, sweetener, Gatorade
- Canned vegetables (especially those with water, can be used to cook dry foods)
- Canned fruits
- Dry goods like pasta, rice, beans and oats
- Comfort food like chocolate and soups
- If you have a freezer available stock up on meats, frozen fruits and veggies
- Dried fruits and nuts
- Canned meats like tuna and chicken
- Pet food, supplies

TOILETRIES

- Toilet paper, paper towels, Clorox wipes, hand sanitizer (if you can find it!), tissues
- Diapers, wipes and formula
- Feminine care products
- Hand soap
- Body wash, shampoo, skincare needs

MEDICAL SUPPLIES

- 30-day supply of prescriptions if possible
- Over the counter cough and cold meds, pain relievers
- Vitamins, probiotics
- First aid kit

MISC.

- Batteries, phone and tablet chargers
- Dish soap, household cleaners and sponges
- Books and games for free time