

Prepare. Don't Panic!

Responding to the Coronavirus (COVID-19) Checklist: How to be Prepared!



Pennsylvania
MEDICAL SOCIETY[®]

ADVOCATE. EDUCATE. NAVIGATE.

The CDC recommends* that you have enough of the following to be prepared for up to two weeks:

Food and Water

- Suggested water amount: 1 gallon per person, per day.
- Suggested ready-to-eat foods: canned meat, canned fruits, canned vegetables, and ultra-high temperature milk.
- Suggested high-energy foods: nut butters, nuts, dry cereal, granola, and crackers.

Medications and Medical Supplies

- **Prescription Medications:** Be proactive when refilling your medications. If you have vital prescription medications, be sure to refill them as soon as possible so you have enough in your home to last up to two weeks before needing another refill. Check now to ensure your extra supplies are not expired.
- **Non-prescription Medications:** antibiotic ointment, OTC pain reliever, glucose and blood pressure monitoring tools, antacid, laxatives, and anti-diarrheal medications.
- **Other Medical Supplies:** latex gloves, thermometer, sterile dressings and adhesive bandages, petroleum jelly, eyewash, feminine hygiene products, diapers (adult and baby), antibacterial soap, extra eyeglasses, and hearing aid batteries.

Miscellaneous Items

- Chlorine bleach, paper towels, fire extinguisher, candles, matches, flashlight, batteries, flares, paper and pencils, blankets, dust masks, garbage bags, baby wipes, a wrench/pliers, cell phone chargers, manual can opener, eating utensils, a battery powered radio, and games/activities for children.

Information You Should Have On Hand

- Keep a list of medications and dosages with supplies along with a list of medical conditions and brand/style/serial numbers of important medical devices.
- A list of doctors and their contact information.
- A list of emergency contacts, family members, and neighbors.
- Any special-care emergency plans for people with special needs.
- Emergency reference materials (first aid book).
- Emergency cash.
- Important identification of everyone in your household (social security cards, birth certificates, marriage records, drivers license, etc.,) as well as insurance policy information, wills or powers-of-attorney.

*Sources: <https://www.cdc.gov/ncbddd/hemophilia/documents/familyemergencykitchecklist.pdf> <https://www.health.pa.gov/topics/prep/Pages/Caregiver.aspx>