

“An ounce of prevention is worth a pound of cure.”

—Benjamin Franklin

The COVID-19 outbreak has caused significant concern, not only in regard to the illness it causes, but also to the implications on daily life.

Preparation is truly fundamental to success and should further measures be required including the possibility of a widespread quarantine, being prepared will help reduce potential distress.

Our team has created a checklist of items you may want to consider having on hand. The intention is not to create panic but rather to promote a sense of empowerment through action. This list is not specific to COVID-19 but rather items that may come in handy if you are required to stay home for any reason, including illness, power outages, or as a result of a natural disaster.

Please note, this is not meant to replace advice or treatment recommendations by healthcare professionals, nor is it a personalized plan tailored to your individual needs. The suggestions included here are meant as a proactive guideline only.

For up-to-date information on COVID-19, please consult the Centers for Disease Control and Prevention at www.cdc.gov.

Food



Fill the freezer

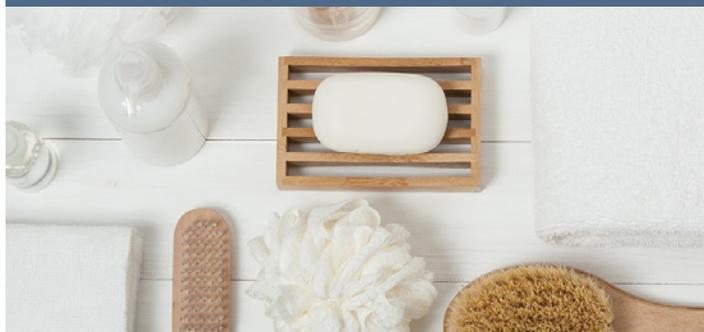
- Frozen vegetables such as spinach, broccoli, cauliflower, carrots
- Frozen berries
- Animal protein such as fish, chicken, grass-fed beef

Stock the pantry

- Protein powders
- Electrolyte replacement
- Greens powder
- Canned or dry beans and lentils
- Canned oysters, sardines
- Pasta sauce
- Dry noodles
- Vegetable broth
- Nuts and seeds
- Grains such as rice, quinoa, oats
- Coconut milk
- Olive oil
- Coffee & herbal teas
- Applesauce
- Crackers
- Bottled water

Don't forget about the pets! Have an additional bag of food and extra water on hand to ensure the animals stay well-fed.

Household items



Medicine cabinet



Supportive supplements

(This is not a comprehensive list, always check with your healthcare provider)

- Multivitamin
- Vitamin D
- Vitamin C
- Probiotics
- Zinc
- Omega-3 (fish oil)
- Refill any recommended supplements you are currently taking

Over-the-counter and prescription medications

(This is not a comprehensive list, always check with your healthcare provider)

- Antihistamine
- Decongestant
- Acetaminophen
- Refill any prescribed medications you are currently taking

First aid

- Adhesive bandages
- Hand sanitizer
- Hydrogen peroxide
- Scissors
- Adhesive tape
- Bandages
- Gauze

Cleaning products

- Hand soap
- Laundry and dish detergent
- Disinfectant wipes

Personal care

- Body wash, shampoo
- Toothpaste and toothbrushes
- Sanitary products
- Toilet paper and facial tissue

Additional items

- Flashlight + extra batteries
- Extra cash
- Can opener
- Battery-operated radio + batteries
- Books and puzzles