

Coronavirus home preparation guide

Food

To help you steer clear of public places, stock up now on nonperishable foods (canned, boxed, frozen) including things that help when you're sick, like:

- Soup and broth
- Saltine crackers
- Applesauce
- Canned fruit
- Frozen juice concentrate (look for 100% juice like orange juice)
- Gatorade and/or Pedialyte (if you have kids)
- Frozen high-vitamin fruit and vegetables (like berries and broccoli)
- Extra baby food or formula, if necessary

Medication and health supplies

If staying home becomes important, you'll want to think about cold/flu medications as well as your prescriptions. Make sure you have enough:

Prescription medications for anything you take regularly (insulin, blood pressure pills, antidepressants, etc.)

- Fever reducers like ibuprofen and acetaminophen
- Cough syrup and expectorant
- Cough drops and vapor rub
- Facial tissues (Kleenex)
- Masks—primarily useful if someone in your house becomes sick with a cough
- Vaporizer

If you have young children, make sure to buy infant or children's versions of over-the-counter medications.

Cleaning and household supplies

Now is a great time to get everyone in your household on board with good hygiene habits—especially good handwashing! In order to hunker down at home, here are some supplies you may want to stock up on:

- Hand soap
- Bleach or alcohol wipes
- Bleach-based cleaners
- Extra dishwasher and laundry soap
- Toilet paper and feminine care supplies
- Diapers, wipes

Work

Some jobs can be done by telecommuting. If yours is one, start thinking of what you need to be able to work from home in case of a local outbreak. This might include:

- Webcam and computer microphone/headset
- Extra printer toner/ink and paper
- A dedicated office space such as a corner or nook with a small desk, hopefully somewhere with few distractions
- Make sure you talk with your work about how they will handle a local outbreak or illness and how your job may be affected.

Kids and older relatives

Affected cities and even entire countries have shut down schools and daycares in response to local COVID-19 outbreaks. Plan now for how to handle that disruption by:

- Talking with neighbors and nearby friends about sharing childcare responsibilities

- Checking with local relatives about providing coverage
- Stocking up on age-appropriate activities to help kids have fun and keep their studies moving forward even if you're busy working from home
- The recent coronavirus outbreak has hit older people the hardest. If you live far from older relatives, make a plan with them now for how they can get the help they need. Talk with their neighbors and local friends to make sure they will check on your loved ones and keep you informed.

Important phone numbers

Now is a great time to make a list of important phone numbers in case you or someone in your home gets sick. These may include:

- Your primary care provider
- Your child's or children's provider
- Your county health department

Anytime you or someone in your house struggles to breathe or has other life-threatening symptoms, call 911 immediately.