

QUARANTINE SUPPLY LIST

FOOD

It's recommended that you have enough non-perishable food on hand to carry you through at least two weeks, according to the American Red Cross.

- Canned foods (soups, vegetables, fruits)
- Other nonperishables (grains, pastas, rice)
- Dehydrated foods (like this 24-serving bucket good for 30 years)
- Snacks (chips, crackers, nuts)

HYGIENE

Good hygiene, particularly regular and thorough hand washing, is one of the best ways to protect yourself from coronavirus, or just plain old cold or flu, according the CDC. Make sure you're well stocked on these items in case of a quarantine

- Antibacterial soap
- Hand Sanitizer with high alcohol content
- Toilet paper
- Tissues
- Disinfecting wipes
- Feminine care products
- Laundry detergent
- Dish soap/detergent

BABY

If you have a little one at home, the good news is that children seem to be less vulnerable to COVID-19 than adults. But if you're stuck at home in a quarantine, your baby is most likely going to be stuck there with you.

- Bottles
- Formula
- Baby food
- Diapers

DRINKS

Water is the most important, but other hydrating beverages are good too. A two-week supply is recommended for your homes during a quarantine.

Water (one gallon per person per day)

Water filters (backup if you run out of bottles)

Hydrating drinks

(like Gatorade or Pedialyte)

MEDICAL

It's important to have an adequate supply of any daily or prescription medications you take in the event of a pandemic a 30-day supply is ideal. In addition, it's a good idea to have supplies of the following:

Over-the-counter medicines (pain relievers, cough suppressants, antihistamines)

First Aid Kit

PETS

Don't forget the four-legged (or finned or feathered or scaled or...) friends. Your pet is going to be at home with you too, and if businesses are closed and communities are quarantined, you're going to want to have enough pet products to care for them too.