

Cronavirus Checklist

Food

- ☐ Nonperishables - *canned goods, grains*
- ☐ Frozen fruit & vegetables
bananas, mangoes, peaches, mixed berries, corn, carrots, peas, broccoli, cauliflower, spinach
- ☐ Other frozen food
ice, prepared meals, meats, seafood
- ☐ Canned food
tomatoes, carrots, corn, peaches, pears, beans, sauces, soups, tuna fish, olives,
- ☐ Dried food
peaches, apples, strawberries, figs,

Tips

It is a good idea to check the expiration dates of all the food you are buying, and have at least 2 weeks' worth of food so you do not have to go shopping as often. Use up the foods you have in your house first and do not let items go to waste. Wash your hands when coming back from stores and eat healthy to build a strong immune system.

House Hold Supplies

- ☐ Tissues
- ☐ Toilet paper
- ☐ Paper towels
- ☐ Cleaning Supplies
bleach, rubbing alcohol, disinfectant spray and wipes, glass cleaner, dishwasher fluid, laundry detergent
- ☐ Cleaning tools
sponges, brushes, gloves
- ☐ Kitchen Items
napkins, disposable silver wear, plates, cups

Tips

Check what you are running low on, and get at least a months' worth of supplies. Items like laundry detergent and bleach can last a long time so it is not necessary to buy as much of them. Determine how much you use and how long it will last you. Wear gloves while cleaning so you do not come in direct contact with chemicals.

Prescriptions

- ☐ Contacts
- ☐ Medicine

Tips

To avoid going outside, order prescriptions sent to your home. Get a month's supply.

Regular Medications

- ☐ Cold and fever relief
cough syrup, decongestants, fever reducers, cough drops, VapoRub
- ☐ Pain relief
analgesics for headaches, muscle aches, and joint pain
- ☐ Store bought allergy relive

Tips

Check expiration dates and what you are running low on, and have at least a month's supply. If you have any symptoms of being sick make sure to take medicine, stay in ad recover, and keep your distance from others in order to not get them sick.

Toiletries

- ☐ Shampoo and conditioner
- ☐ Soap
hand, face, body
- ☐ Skin Care
acne medicine, lotion, deodorant, face care
- ☐ Dental
floss, tooth brushes and tooth paste
- ☐ Razor and shaving cream,
- ☐ Hand sanitizer at least 60% alcohol
- ☐ Sanitary pads and tampons
- ☐ First aid
band aids, hydrogen peroxide, pain relief cream, contact solution and eye drops

Tips

Check what you are running low on, and expiration dates. Items like shampoo, and tooth brushes may last longer so do not over buy. Face masks are only useful for those already sick to avoid infecting others.

Pet Supply

- ☐ Food and treats
- ☐ Cleaning supplies
shampoo, pet wipes, filters, brushes, pet odor neutralizer, tick and flea medicin
- ☐ Litter and lining for pans and cages
- ☐ Toys
you may keep you pet inside a lot so buy something to occupy the boredom

Tips

You may be in for a while so have treats and toys for them to play with and get exercise. Remember to clean cages and other objects your animals interact with thoroughly.

Child Care

- ☐ Hygienic supplies
disposable diapers, wipes, rash cream
- ☐ Food and baby formula
- ☐ Clothing and bibs
- ☐ Toys
- ☐ Children and baby medicine
- ☐ School supplies

Tips

Keep your child entertained and on top of their school work especially if they will not be in school. Plan things to do indoors arts and crafts can cooking can be fun things to do.

Electronics

- ☐ Power supply
connection cables, charging chords, mouse wires, mics, camera attachments
- ☐ Software
- ☐ Internet
- ☐ Camera

Tips

You may have to work from home, or take classes online. In this case it would be a great time to get proper cables and any connection services if you need it. You may also need download software you only have at work or school.

Self-Care

- ☐ Fun things for you
cards, books, free apps on your phone, arts and crafts, grow some plants, board games, show subscription network, candles
- ☐ Exercise
Zumba, yoga mats and videos, weights, music to dance to, medicine ball

Tips

You may be inside for some time so it is good to occupy yourself and have things indoors that can give you exercise. Some show subscription networks and music sites give out free trials, but remember to stay fit and active so your immune system can be strong.