

Home Emergency Supply Kit

Recommended items to prepare for potential quarantine relating to the recent outbreak of Coronavirus Disease 2019 (COVID-19)



For more information:
Federal Emergency Management Agency (FEMA), www.ready.gov
American Red Cross, www.redcross.org

- ✓ 14-day supply of **food** for everyone in your household. Dry goods like rice, pasta, beans and oats should be the foundation, as well as canned foods that contain liquid, such as tomatoes.
- ✓ 1 gallon of **water** a day for each person and pet in your household. If your water is untreated, you will want to buy water-purification tablets and personal water filters to make it safe to drink.
- ✓ Personal hygiene products such as soap, hand sanitizer, toilet paper, tissues, feminine care products, and diapers.
- ✓ Over the counter **medicines** like pain relievers and cough and cold medicines. If possible, get a 30-day supply of any prescription medications.
- ✓ **First-aid kit** with supplies to treat common injuries- bandages, thermometers, antibiotic ointment, gauze, etc.
- ✓ **Other medical supplies** such as glasses and contact lenses.
- ✓ Obtain copies of your **health records**.
- ✓ Consider your mental health. In the event of a home quarantine, have **entertainment items** on hand such as books, board games, and card games.