

Pandemic Preparedness Checklist

During a pandemic or outbreak, it's crucial to limit exposure, manage symptoms, and maintain hygiene. This checklist provides the supplies needed to care for yourself and your family at home or during extended isolation.

Medical Supplies

- Digital thermometer
- Pulse oximeter (optional but helpful)
- Over-the-counter medications (fever, cough, nausea)
- Prescription medications (minimum 2-week supply)
- First aid kit with gloves and wound care items

Protective Equipment

- N95, KN95, or surgical masks
- Face shields or safety goggles
- Disposable gloves (latex-free)
- Gowns or disposable aprons
- Hand sanitizer (60%+ alcohol)

Sanitation & Cleaning

- Disinfecting wipes and surface spray
- Bleach or diluted disinfectant solution
- Paper towels, tissues, and toilet paper
- Trash bags (with sealable ties)
- Laundry detergent and soap

Food & Water

- 2+ weeks of non-perishable food per person
- Manual can opener and basic cookware
- 1 gallon of water per person per day (for 14 days)

- Electrolyte drinks or powdered hydration mix

Comfort & Isolation

- Separate room or area for sick individuals
- Blankets, pillow, comfort items
- Entertainment (books, games, tablet)
- Notebook to log symptoms and meds

Information & Communication

- List of emergency contacts and doctors
- Battery-powered radio for news and alerts
- Internet-enabled device with charger
- Pre-downloaded health care and telehealth apps

Tips & Hints:

Check expiration dates and rotate stock regularly.

Keep a printed copy of your family's medical history and doctor contact information in your kit.

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