# COVID-19: What to have in case you become ill or cannot go to a store

**Most people who get the COVID-19 virus will manage the illness at home. They should be quarantined to avoid spreading it to others. It is helpful to have these items handy, just in case:**

## *Food and Water*

- Non-perishable foods. Do not hoard supplies. Select items you usually eat or drink: canned foods, dried beans, lentils, oatmeal, nuts, dried fruit, peanut butter, crackers, powdered milk/eggs, coffee/tea/hot chocolate
- Healthy snacks, such as fresh or canned fruit
- Essential items for babies, young children and pets, if you have them.
- A supply of herbs, spices, seasonings, dressings and sauces to make your food enjoyable.
- A minimum of a gallon of drinking water per adult per day, if self-quarantining.

## *Medical/first aid/hygiene supplies*

- A current supply of prescription medicines and commonly used over-the-counter medicines, such as acetaminophen (Tylenol®) and cough drops or syrup.
- A thermometer for each member of the household, if possible
- Properly fitting disposable gloves; face masks.
- First-aid supplies to take care of cuts, burns, headaches, splinters, colds, constipation, diarrhea, sprains, dry skin.
- Toilet paper, paper towels, feminine-hygiene products, diapers (if needed)
- Toothpaste, soap, hand sanitizer
- A supply of household bleach, isopropyl alcohol, ammonia or cleaning supplies for disinfecting surfaces and fabric items.
- Laundry supplies
- Medical supplies you routinely use (dressings, urinary catheters, etc.)

## *Miscellaneous supplies*

- A credit card for purchases
- Charged cell phone and battery
- A supply of heavy plastic trash bags and kitchen garbage bags.

**If you live alone, ask a family member or friend to call and check on you daily.**

**James A. Haley Veterans' Hospital & Clinics**
**13000 Bruce B. Downs Blvd.**
**Tampa, FL 33612**
**(813) 972-2000**
**www.tampa.va.gov**

*Approved by Hospital Veteran/Family Health Education Committee 2020 #34*