

## How to prepare for staying at home

### CLEANING

#### Soap

It's the best way to wash up (and much easier to find than hand sanitizer).

#### Disposable gloves

For handling things that might be contaminated. Do not wash or reuse.

#### Disinfectant wipes

Look for products with active ingredients such as quaternary ammonium, sodium hypochlorite, or hydrogen peroxide.

#### Towels, clean linens

Or anything else you might need more of as cleaning habits change.

### FOOD/NECESSITIES

#### Supplies of shelf-stable food

Beans, rice, flour, and canned items: enough for a couple of weeks, if access to grocery stores is limited.

#### Coffee or tea

Or other everyday "necessities."

#### A first aid kit

Hospitals may be overwhelmed, so you'll want to be able to treat minor problems at home.

#### 90 days of medication

The CDC recommends stocking up on prescriptions, so contact your doctor.

### WORK AND ENTERTAINMENT

#### Yarn, art supplies, or other hobby items

It's a good time to dive into an activity you can do at home. Morale matters!

#### Things for working from home

From a desk chair to a mouse, it's better to have the tools for your job if it's possible to work remotely.

#### Electronics and, potentially, spare parts

If your phone or computer breaks, it's an inconvenience in the best of times. Right now, it might be more than that, if stores aren't open to get a replacement.

#### Games for family time

If you've got kids at home, you'll need distractions!

### IF YOU GET SICK

#### Medication for reducing a fever

Including ibuprofen (Advil) and acetaminophen (Tylenol).

**A thermometer** for monitoring a fever.

#### Cough and cold medication

Including cough drops and lozenges, cough syrups like Dayquil/Nyquil, and decongestants like Sudafed.

**A humidifier** can also help with a cough that makes it tough to sleep.

#### Rehydration solutions

Pedialyte or Gatorade works, but you can make it at home with a liter of drinking water, a scoop of sugar, and a pinch of salt. Plain water or other liquids also work for mild dehydration in adults.