Coronavirus Supplies List

To reduce the chance of infection, you want to keep the following in the house:

- Dish soap
- Regular laundry soap
- A clothe and cleaning solution for high-touch surfaces (door knobs, countertops, light switches)
- A disinfectant for high-touch surfaces (e.g., an alcohol or diluted bleach solution)

If you can find them:

- Alcohol-based hand sanitizer containing at least 60% alcohol (Good to keep these right by the door, and in the car. Best used when regular hand-washing with soap and water is not available.)
- Alcohol prep wipes for cleaning high-touch electronics (phones, tablets, keyboards)

If someone in the household gets sick, they should stay in a separate room of the house, and ideally have their own bathroom.
Consider stocking the sick room with:

- Medical masks if available, or non-medical face covering
- Disposable paper towels
- Tissues
- Waste container with plastic liner
- Thermometer (with batteries)
- Page to keep track of fever and medicines taken
- Over the counter medications
    - For fever and body aches (e.g. acetaminophen)
    - Decongestant for nasal and sinus congestion
    - Lozenges for sore throat
    - Expectorant to thin phlegm and relive chest congestion (e.g. Guaifenesin)
    - Cough suppressant to aid with sleeping at night
- Access to water for drinking (it's important to keep hydrated)
- Soap for washing hands
- Toilet paper

In addition, all of their dishes and linens should be washed apart from those of other household members. Consider setting aside

- Separate dishes (plates, cups, flatware), or using disposables
- Separate linens (sheets, pillowcases, towels, washclothes)

For the caregiver who goes into the sick room or has contact with the ill individual:

- Eye protection (face shield or goggles)
- Disposable gloves (do not re-use)
- Disposable medical masks (N95 if you already have them)
- Apron and shirt that can be removed and laundered often