Preparing for social distancing, self-quarantine, or self-isolation:

What types of medications and health supplies should I have on hand for an extended stay at home?

Try to stock at least a 30-day supply of any needed prescriptions. If your insurance permits 90-day refills, that's even better. Make sure you also have over-the-counter medications and other health supplies on hand.

Medical and health supplies

- prescription medications
- prescribed medical supplies such as glucose and blood-pressure monitoring equipment
- fever and pain medicine, such as acetaminophen or ibuprofen
- cough and cold medicines
- antidiarrheal medication
- thermometer
- fluids with electrolytes
- soap and alcohol-based hand sanitizer
- tissues, toilet paper, disposable diapers, tampons, sanitary napkins
- garbage bags

Should I keep extra food at home? What kind?

Consider keeping a two-week to 30-day supply of nonperishable food at home. These items can also come in handy in other types of emergencies, such as power outages or snowstorms.

- canned meats, fruits, vegetables, and soups
- frozen fruits, vegetables, and meat
- protein or fruit bars
- dry cereal, oatmeal, or granola
- peanut butter or nuts
- pasta, bread, rice, and other grains
- canned beans
- chicken broth, canned tomatoes, jarred pasta sauce
- oil for cooking
- flour, sugar

- crackers
- coffee, tea, shelf-stable milk, canned juices
- bottled water
- canned or jarred baby food and formula
- pet food
- household supplies like laundry detergent, dish soap, and household cleaner.

RELIABLE ONLINE RESOURCES REGARDING COVID-19

With information about COVID-19 changing daily, sometimes hourly, California MGMA would like to recommend the following online resources that are updated frequently:

1. Centers for Disease Control Coronavirus website https://www.cdc.gov/coronavirus/2019-ncov/index.html

2. California Department of Public Health Coronavirus Disease 2019 Outbreak https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx

3. Harvard Medical School Coronavirus Resource Center https://www.health.harvard.edu/diseases-and-conditions/coronavirus-resource-center#Prevention