

CareThrough CARES

COVID-19 PREPARATION CHECKLIST

In Case of Emergency

Call 911 if you are experiencing difficulty breathing, chest pain, bluish lips or face, confusion, and/or difficulty staying awake

Local Health Department Phone #

Local Police Department Phone #

Local Fire Department Phone #

Primary Care Physician Phone #

Location of Nearest Testing Center

Veterinary Office Phone #

Keep pets away from other people during quarantine

The Basics (1-3 month supply)

Food (1-3 mo.) Water (1-3 mo.) Prescription Medication (1 mo.)

Preparedness Checklist: Be Prepared to Quarantine Safely

Pick a quarantine room

Identify the room

Have adequate over the counter medication like Acetaminophen and Ibuprofen

- Acetaminophen
- Ibuprofen
- Cough & cold meds.

Have adequate supplies to check your symptoms

- Thermometer
- Pulse Oximeter
- Nebulizer

Have adequate disinfecting products (wash hands frequently, wipe surfaces daily)

- Hand Soap
- Antibacterial Wipes
- Disinfectants