

(Coronavirus)

What to put in a COVID-19 Emergency Home-Care Kit



Here's what you need to be ready to care for someone ill at home.

Isolation and Cleaning Supplies

Stock up on cleaning supplies and regular hand soap.

- Face coverings that cover nose and mouth (bandanas, scarves, or disposable or cloth masks)
- Gloves (latex or nitrile rubber)
- Bleach, laundry detergent (wash everything on hot)
- Nail care accessories
- Paper towels and tissues
- Soap and hand sanitizer



Medicine

Anyone who becomes ill should contact their doctor or call our coronavirus hotline (301-883-6627). Have regular cold medicines on hand. For a dry cough, throats lozenges can be helpful.

- Cough drops, throat lozenges and spray
- Over-the-counter cold medicines
- Saline nasal sprays and mists
- Thermometer
- Tylenol/acetaminophen (children or infant versions if applicable)

Food and Drink

Never underestimate the power of chicken soup. With any flu-like virus, it is important to drink plenty of fluids.

- Chicken soups or broths
- Electrolyte-replacement drinks (if using sports drinks, cut in half with water)
- High-calorie, nutrient-rich foods like avocados
- Pectin-rich foods like bananas and apples



HOTLINE
301-883-6627

HEALTH
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