



PANDEMIC PREPAREDNESS CHECKLIST

A pandemic can be overwhelming and taxing to your mental and physical health. Remaining calm during these uncertain times can help. Below are a few tips that you can continue practicing in order to take care of yourself and your family.

SELF-CARE

- Stay home!
- Fuel your body with a healthy, well-balanced diet which include fruits, vegetables, water / lots of fluids
- Aim to get seven to eight hours of sleep/night
- Adopt good personal hygiene
- Exercise every day, take deep breaths and stretch often
- Maintain social connections with your loved ones / connect with and check on family, friends, and neighbours using virtual channels / technology
- Open up windows to allow for cross ventilation, get fresh air
- Spend time outside (i.e., going for walks) – remember to follow social distancing guidelines
- Set and maintain a routine at home
- Focus your energy on positive thoughts / things to be grateful for today
- Listen to music and read books
- Limit your exposure / take a break from news and social media if it makes you anxious
- Lean on person beliefs and faith for support
- Take on a new project at home / learn something new

OTHER TIPS

- Consider establishing food and grocery delivery service should further self-quarantine be required
- Keep a thermometer at home
- Masks for those who are infected or taking care of the ill – there are videos online on how to make homemade masks

HOME PREPAREDNESS

As we are currently facing COVID-19, it is also important to prepare for unexpected secondary emergencies (i.e., earthquakes, floods, etc.). In addition to the Family Emergency Plan and Emergency Kit Checklist that are available for use, below is a detailed list to further prepare yourselves for at least 21-days in the event we are confronted with the above scenario.

Remember, you don't need to rush and "stockpile" supplies. The idea is to be prepared and pick up supplies and non-perishables gradually. Be considerate of how much you actually need to buy.



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FOOD, WATER, AND LIQUIDS

- Two litres of water per person per day, total of 42 litres per person
- Supply of fluids with electrolytes, such as Pedialyte or Gatorade
- Fresh veggies with a longer shelf life like beets, carrots, parsnips, rutabaga, turnip, potatoes, yams, cabbage, squash, onions
- Fresh fruit with a longer shelf life: apples, melon, oranges, grapefruit
- Canned vegetables and fruit, dried fruit / trail mix, applesauce, tomato sauce, 100% vegetable and fruit juice
- Grains like rice, couscous, quinoa, bread (with a longer shelf life), tortillas, pasta, cold dry and hot cereals, bread rusks, crackers
- Frozen and canned meat and fish, soup, broths and stews
- Non-refrigerated milk and plant-based beverages, milk powder, evaporated milk
- Canned and dried beans, chickpeas, lentils, nuts, seeds, nut butters
- Flour, oil, butter or margarine, coffee, tea, hot chocolate, jam/honey, sugar, salt, pepper, granola bars, cookies/biscuits/crackers, bouillon cubes, spices, condiments
- Meal replacements (if taken for specific medical conditions)
- Infant formula / food and supplies (if applicable)
- Pet food and supplies

MEDICATION

- One-month supply of prescription and non-prescription drugs (over-the-counter pain and fever suppressors, cough and cold meds), cough drops, antacids, vitamins

SANITARY / HYGIENE SUPPLIES

- Hand soap, alcohol-based hand sanitizer, disinfectant wipes, and bleach to clean surfaces
- Paper towels, toilet paper, diapers, female hygiene products, tissues, wipes, toothpaste
- Laundry detergent, dish soap, garbage bags, nitrate/latex gloves
- Floor cleaner, mop and bucket, toilet cleaner
- Glasses and contact lens solutions

OTHER

- Manual can-opener
- Battery-powered or hand crank radio
- Flashlight and extra batteries
- First aid kit
- Battery pack to charge electronics
- Whistle
- Wrench or pliers to turn of utilities (if applicable)
- Copies of important family documents saved in a waterproof, portable container
- Paper and pencil
- Copy of your Emergency Plan
- Candles, matches in a waterproof container/lighter
- Books, games, puzzles or other activities for children



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PREGNANCY AND BREASTFEEDING

- Prenatal vitamins, ointments and medications for mom and child (over-the-counter and prescription)

DISABILITIES AND SPECIAL NEEDS

If you have special needs you will want to include additional supports. For example, if you use a wheelchair you may want to include:

- Tire patch kit or can of seal-in-air product to repair flat tires on your wheelchair or scooter
- Supply of inner tubes
- Pair of heavy gloves to protect your hands while wheeling over glass or other sharp debris
- Spare deep-cycle battery for a motorized wheelchair or scooter
- A lightweight, manual wheelchair as a backup to a motorized wheelchair, if possible
- Spare catheters, if needed
- Your power outage backup plan
- Batteries for hearing aids

ALLERGIES AND CHRONIC CONDITIONS

If you have severe allergies, chronic medical conditions or other medical needs, you will want to include the necessary supplies. For example, if you have diabetes you will want to include:

- MedicAlert bracelet or identification
- Extra supply of insulin or oral agent
- Pump supplies, syringes, needles and insulin pens
- Small container for storing used syringes and/or needles
- Blood glucose testing kit, spare batteries and record book
- Supply of blood glucose and urine ketone testing strips and fast acting insulin for high blood glucose, if needed fast acting sugar for low blood glucose
- Extra food to cover delayed meals
- Ice packs and thermal bag to store insulin
- Additional snacks to maintain blood glucose

Recommended: In addition to a Family Emergency Kit, each family member to have their own Personal Grab-Bag, in case of an evacuation.