

COVID-19 CHECKLIST

PANDEMIC PREPAREDNESS : A COMMUNITY RESPONSE TO CORONAVIRUS

MEDICATIONS

- Buy over the counter medications ****Use prescription delivery services if needed****
(Take as Directed)
 - Cold medicine
ibuprofen, acetaminophen
 - Saline spray
 - Cough Medicine
 - Thermometer
If temp. is over 100 degrees, take medication
 - Check on older neighbors/relatives
 - Ask doctor for 30-day supply of prescription medication
- CVS
1-2 day delivery - \$5-\$8 fee
 - Walmart
5-7 business days - free 2-day delivery - \$8 Overnight delivery - \$15
 - Martella's Pharmacies
 - Medi-Pac delivery service
Free (call for info)
 - Rite Aid
Delivers Tues. and Thurs.

FOOD

- Non-perishables
 - Canned soup, canned fruit, crackers
- Snacks
 - Granola bars, pop-tarts, microwave popcorn
- Frozen foods
- Fluids
 - Gatorade/Powerade, juice, water
- Microwave dinners

Walmart grocery delivery - \$30 minimum

HOUSEHOLD ITEMS

- Bleach disinfectant wipes
 - Tissues
 - Toilet paper
 - Paper towels
 - Soap
 - Disinfectant spray
- Weekly cleaning checklist
- Wipe sink
 - Wipe toilet seat
 - Spray shower
 - Spray bed
- **Don't mix bleach with ammonia****

BOREDOM KIT

Puzzles, games, crosswords, books, deck of cards, movies, netflix, ping pong & video games

Emergency: 911
ER: (814) 534-9100



#UPJREADY