

Supplies Checklist:

- ❑ **Prescription Medications On Hand:** Have at least 90 days of prescription medications on hand. If insurance will allow it, get a 120-day supply. If not, keep track of when they can renew them and then have them filled so they have them on hand.
- ❑ **Over the Counter Medications:** Make sure they have over the counter medications for headache, colds, and other ailments they may have not needing prescriptions.
- ❑ **Thermometers:** Every home should have a thermometer on hand to so that inhabitants can monitor their temperature whether healthy or sick. Many will get colds or the flu and may be frightened they may have Coronavirus.
- ❑ **Food and Bottled Water:** It is important to have food on hand that will not spoil. If power goes out as it can in ordinary circumstances, it may take longer to repair if service personnel are sick. Food that does not require refrigeration or to be stored in freezers needs to be on-hand.
- ❑ **Flashlights and Batteries:** (better than candles for reasons of risk) and batteries incase power goes out.
- ❑ **Cleaning and Disinfectant Supplies:** Soap and water is very effective to kill the virus because it dissolves fats and the virus has a fat layer. Liquid Soap and water is even better than alcohol disinfectants for both hands and for contact surfaces for killing the Coronavirus.
 - If alcohol and soap runs out, bleach may be diluted to 1:10 Bleach to Water for contaminated clothing.
 - Dilution of 1:50 Bleach to Water for contact surfaces.
 - Dilution of 1:100 Bleach to Water for skin cleaning.
 - Having plenty of liquid soap, buckets, and rags are important if caring for someone at home. Paper towels may become in short supply – rags and towels cleaned in washing machines are safe.
- ❑ **Kitchen Rubber Gloves:** Two to three pairs of rubber gloves will be good to have on hand if one has to take care of someone in the home. They should be used for disinfecting the surfaces. Some surfaces will sustain the virus for a few hours. Some, however, can sustain the virus for three to nine days.
- ❑ **Full Tank of Gas:** If the supply chain is disrupted by illnesses of those transporting or operating gas stations, you may have a hard time getting fuel. We need to be prepared as we will with a storm.
- ❑ **Reading Materials & Recordings:** In the extreme case cable systems and internet providers may go down, seniors should have access to reading materials and recordings to inspire them and maintain hope. Our faith-based communities can support them here.

Process Checklist:

- ❑ **In Case of Emergency - ICE Contact List:** Phone numbers and email addresses of friends and family members who know they are going to be called if an individual experiences an emergency should be on an accessible list. The In Case of Emergency phone numbers should be generated. It should include those who have a Power of Attorney for healthcare and for business issues.
- ❑ **All Caregivers Contact Information:** A master list of the doctors, nurse practitioners, pharmacists, and caregiver's office phone numbers, emergency numbers, and addresses should be on an easy to read list.
- ❑ **Local Support Individuals:** Names and mobile numbers of friends and family who can pick up supplies for them, transport them, care for them, and check on them.
- ❑ **"If I Get Sick Plan":** A plan of "what if I get sick" directions. For instance – what signs and symptoms should prompt them to call for help. A certain temperature or other developments to drive action.
- ❑ **Hospital of Choice:** If an individual has been under the care of a hospital, their medical records are very important to future care. They may identify that hospital or a hospital as a first choice for care.
- ❑ **Medical Power of Attorney:** Everyone over the age of 18 will need to execute a medical power of attorney if they are to allow another person to make decisions regarding care if the victim is unable to do so. For instance, college students going to school in another state who are in another state get sick, parents will need one to get medical records.
- ❑ **Regular Expenses & Payment Mechanism:** Create a list of regular bills and how to pay them if a person is in the hospital and unable to take care of them.
- ❑ **Regular Home Chores:** A list of tasks that must be undertaken if residents become ill and are taken to the hospital should be created. They might include watering indoor and outdoor plants, pet care, and pet care.
- ❑ **Daily Check In Calls:** Seniors and those with underlying conditions such as heart, lung, or kidney disease as well as those with immune compromised conditions such as chemotherapy and transplant patients should have someone check in on them if they are alone.
- ❑ **Food Replenishment Process:** A process for regular replenishment of food and supplies should be set up.
- ❑ **Meals on Wheels & Support Programs:** If seniors and those who qualify can be added to such programs, they should consider such support.
- ❑ **Sick Care Room:** A room or section of the home should be identified where a family member can be treated in case, they become ill. This is whether they get the Coronavirus, a cold, or the flu.