

CORONAVIRUS (COVID-19)

PREPARING YOUR SUPPLIES

HERE IS A SHORT LIST TO HELP YOUR FAMILY PREPARE FOR A POSSIBLE OUTBREAK OF CORONAVIRUS (COVID-19). COUNTRYSIDE PUBLIC HEALTH ENCOURAGES YOU TO PREPARE.

Supplies that we encourage everyone to consider having available:

- Plenty of drinking water
- Electrolyte beverages (Gatorade, Powerade, etc.)
- Non-perishable foods (canned chicken, tuna, beans, soups, macaroni & cheese, pasta, etc.)
- Freezer items - frozen foods, meats, etc. if a freezer is available
- Over the counter medications such as Tylenol, ibuprofen, cold or flu medicine, etc.
- A thermometer
- Any prescription medications your family takes - ask for a 60 or 90 day supply so that you do not have to go to a pharmacy in the midst of a possible outbreak
- Hand sanitizing gel
- Cleaning & household supplies such as bleach, disinfecting wipes, etc.
- A radio with batteries



If you have infants/toddlers:

- Plenty of formula, diapers, wipes, or needed supplies
- Infant/toddler cold or flu medication

If you have pets:

- Plenty of pet food and needed supplies

Stay informed!

Visit www.cdc.gov and www.health.state.mn.us
often for reliable updates



**COUNTRYSIDE
PUBLIC HEALTH**

www.countrysidepublichealth.org
1-800-657-3291



Public Health
Prevent. Promote. Protect.