PERSONAL PREPAREDNESS
Here's a checklist of what you may need if you have to stay at home during a public health emergency

**Food**
Stock up on pantry staples
- Canned food
- Snacks
- Peanut butter & jelly
- Frozen foods
- Baby food

**Basic Supplies**
Check your everyday supplies
- Toilet paper
- Tissues
- Diapers
- Feminine Products
- Toothpaste
- Detergent
- Cleaning supplies
- Disinfectants

**Water and Liquids**
Keep plenty of fluids on hand, including ones with electrolytes, like sports drinks

**Don't Forget your Pets**
Have enough food, litter, medications, & treats for 14 days

**Medical**
Aim for a 14 day supply of prescription medication
- Make sure you have the phone numbers for your doctors and pharmacies
  - Check if your pharmacy has mail or delivery services
- Don't forget Over-the-Counter medications
  - Pain & fever relievers
  - Antacids
  - Cough and cold medicines

**Other Items**
Games, cards, toys, puzzles and other fun items to keep you and your family occupied

**Important Reminders**
- Wash your hands often, with soap & water, for 20 seconds
- Know the symptoms: cough, fever, shortness of breath
- Follow instructions on your household cleaning products
- Stay home if you are sick!

**INFORMATION & UPDATES:**
Chesco.org/Health

**SOCIAL MEDIA:**
@ChesterCountyHealthDepartment
@ChescoHealth

**RELIABLE SOURCE:**
CDC.gov
@CDC
@CDCgov