



CORONAVIRUS COVID-19

CHESTER COUNTY HEALTH DEPARTMENT

BE PREPARED

LEARN THE FACTS, SHARE THE FACTS, STOP THE FEAR

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

Medicine



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](https://www.chesco.org/Health)

SOCIAL MEDIA:

[@ChesterCountyHealthDepartment](https://www.facebook.com/ChesterCountyHealthDepartment)

[@ChescoHealth](https://twitter.com/ChescoHealth)

RELIABLE SOURCE:

[CDC.gov](https://www.cdc.gov)

[@CDC](https://www.facebook.com/CDC)

[@CDCgov](https://twitter.com/CDCgov)