

Coronavirus

Home Preparation, Prepare without Panic

Now is a good time to consider your home preparation. Below is a quick checklist of food, hygiene, supplies and other items you may want to have on hand in your home.

FOOD: It's recommended that you have enough non-perishable food on hand to carry you through at least two weeks, according to the American Red Cross. This includes canned foods (soups, vegetables, fruits), other nonperishables (grains, pastas, rice), dehydrated foods and snacks (chips, crackers, nuts).

DRINKS: Water is the most important, but other hydrating beverages are good too. A two-week supply is recommended for your homes during a prolonged stay. This includes one gallon per person per day of water, water filters in case you run out of bottles and hydrating drinks like Gatorade or Pedialyte.

HYGIENE: According to the CDC, good hygiene, particularly regular and thorough hand washing, is one of the best ways to protect yourself from Coronavirus, or just plain old cold or flu. Make sure you're well stocked on these items in case of a prolonged stay at home: antibacterial soap, hand sanitizer with high alcohol content, toilet paper, tissues, disinfecting wipes, feminine care products, laundry detergent and dish soap/detergent.

MEDICAL: It's important to have an adequate supply of any daily or prescription medications you take in the event of a prolonged home stay, according to ready.gov. Dr. Marguerite Neill, an infectious disease expert at Brown University, told the New York Times that a 30-day supply is ideal. In addition, it's a good idea to have supplies of the following: over-the-counter medicines (pain relievers, cough suppressants, antihistamines) and a first aid kit.

BABY: If you have a little one at home, the good news is that children seem to be less vulnerable to COVID-19 than adults. But if you're stuck at home in a quarantine, your baby is most likely going to be stuck there with you. Have on hand: bottles, formula, baby food and diapers.

PETS: Your pet is going to be at home with you too, and you're going to want to have enough pet products to care for them as well. Stock up on all their gear from pet food to cat litter, etc.

GEAR: The CDC doesn't recommend masks for disease prevention. However, if you are sick, face masks, such as the N95 Respirator Mask, can help prevent people around you from contracting the disease. You should also consider emergency kits and batteries.

This is an emerging, rapidly evolving situation. For the latest information visit [CDC.gov](https://www.cdc.gov).

As always, your EAP is here for you and your family. Whether you are staying home or continuing your routine, there are a variety of ways to connect with your EAP including: by telephone 800-327-4968 (800-EAP-4YOU), TTY: 877-492-734, online at [EAP4YOU.com](https://www.EAP4YOU.com), through video, by live chat or text message. Reach out to us to learn more about the many options you have to receive support from your Employee Assistance Program.