

COVID-19 Essentials: An At-Home Emergency Care Kit

Be Prepared: Assemble an At-Home Emergency Care Kit

Most cases of COVID don't require a hospital stay, so we should have these items on hand in anticipation of an infection and recovery at home. These items are also handy if you have been exposed to an infected person and need to quarantine. Prepared ahead of a possible infection:

SAFETY & CLEANING SUPPLIES

- Bleach
- Soap
- Hand sanitizer and/or wipes
- Single-use latex or nitrile rubber protective gloves
- Face masks – disposable and/or washable
- Laundry detergent – enough for daily laundering, in hot water, of bedding and clothing of person who is ill

MEDICAL SUPPLIES

- A pulse oximeter and batteries (measure heart rate and blood oxygen levels, an important indicator of lungs function)
- Thermometer
- Cough drops, OTC cold medicine, fever-reducers, saline nose spray
- First aid essentials like bandages, topical anti-itch and antibiotic ointments (to avoid trips to the pharmacy)
- Keep a notebook nearby to track the sick person's temperature, oxygen saturation levels (pulse oximeter reading) and other symptoms

FOOD & DRINK

- Healthy, ready-made food
- Broth, warm tea, water, electrolyte replacement drinks - need to stay hydrated
- Daily multivitamin and vitamin C
- Honey for sore throat
- Pectin-rich foods like apples and bananas (to combat diarrhea, a common symptom and side effect of COVID-19)
- High caloric, nutrient-rich foods such as avocados and applesauce (appetite will be low, but important to eat)
- Chicken soup. Protein is very important when fighting viral illness.

DESIGNATE IN ADVANCE

- Dishes
- Towels
- Bedding
- Ideally a separate bedroom and bathroom for anyone who's ill. Healthy family members— and pets—should stay outside that space if possible. Have disinfecting wipes, paper towels and soap bedside.

EMERGENCY CONTACTS LIST

- List of names, phone numbers and email addresses of family, friends, neighbors, healthcare providers, pharmacy, local health department and other community resources
- Include resources for food and supplies
- Write down important passwords that might come in handy
- Have copies of your insurance cards, ID, advance directive, and power of attorney paperwork handy, in case you have to go to the hospital
- If you live alone, arrange to check in with a friend or relative regularly. Here's a helpful article from our colleague Jullie Gray: [5 Tips for Solo Agers During Coronavirus](#).



RESOURCES

[Washington State Department of Health COVID-19 Vaccine information \(regular updates\)](#)

[UW Medicine COVID-19 \(Coronavirus\): Up-to-date information about care and services](#)

[UW Institute for Health Metrics and Evaluation \(IHME\) COVID-19 Resources](#)

[CDC Coronavirus \(COVID-19\) resource webpage](#)

NOTES:
