

Suggested **emergency supply list** during a **14-DAY QUARANTINE**⁽ⁱ⁾



COVID-19

The World Health Organization has declared COVID-19 a pandemic. It is transmitted in much the same way as the flu.

On March 3rd at a media briefing the CDC said that *some people may need to quarantine in their homes for 14 days*. This has become the standard for public health authorities across Canada.⁽ⁱⁱ⁾

<https://www.cdc.gov/media/releases/2020/t0303-COVID-19-update.html>

Some media outlets are suggesting that people should be stocked up for a 14-day home quarantine. There is a line between being prepared and panic buying. *Professionals recommend having a plan and prepare a kit.*

https://www.emergencymanagementontario.ca/english/beprepared/Step2BuildAKit/Step2_build_a_kit.html

The Canadian Red Cross also has a list of supplies that would be useful in an emergency. They sell a basic kit in an easily identifiable backpack.

<https://www.redcross.ca/how-we-help/emergencies-and-disasters-in-canada/be-ready-emergency-preparedness-and-recovery/get-an-emergency-kit>

FOR MORE INFORMATION ON COVID-19:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

<https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus>

FOOD STORAGE

of non-perishable food is recommended whether it is the 3-day disaster supply or a 14-day quarantine. Some tips are:

- » Buy what you normally eat. eg Rarely eat rice? Then save the 10 lb bag for someone else. Buy food that children will eat – if they don't eat it now they won't eat it when in quarantine.
- » Rotate your stock and watch the Best Before dates. Old stock up front new at the back. Try to avoid letting foods expire.
- » Freeze products like flour, grains, dried beans and spices if you are planning long-term storage. Freezing will avoid development of eggs from weevils, beetles and other pantry pests and prevent the destruction of your food storage. Freezing these products three to seven days can kill any eggs that made it through the commercial food process. For information on baking or kitchen preparation and pesticide free alternatives for keeping these beasties out of your pantry check: http://entnemdept.ufl.edu/creatures/urban/stored/drugstore_beetle.htm <https://edis.ifas.ufl.edu/pdf/IG/IG09500.pdf>
- » Root crops are perishable but will last for several weeks or months if stored in a cool and dry location.
- » Don't fill your pantry with junk food but if you're going to be stuck at home for two weeks some "morale food" as treats can help break the monotony.
- » Don't forget to stock up on food and supplies for your pet!

POTABLE WATER is necessary for life. Going more than three days without water puts your life in danger. In the event of a disaster experts recommend a three day supply (see the links for *Emergency Management Ontario* and *Red Cross*). Some flavoured drink mix can help break up the monotony. Choose options without refined sugar but still have some added nutrients. Lemon juice or slices, cucumber and all sorts of natural products can also be added to your water mug.

HAND SANITIZER is good for emergency situations or where you do not have ready access to soap and water. ie after pumping gas, shopping or using public transit. Not necessary in your own home. A good supply of soap and warm tap water is all you really need.

PERSONAL HYGIENE products to have on hand include toothpaste, shampoo, soap (hand and dish) and any other products you or other family members need.

MEDICINES for cold, flu, diarrhea and fever. Sport drink mixes can help to replace electrolytes lost due to diarrhea or vomiting. There are also oral rehydration products that may be more suitable for small children or others that don't want the sugar or high salt content. Refill any prescription medication as needed. Keep a thermometer in your medicine cabinet. Especially important if there are small children as a fever can result in fever seizures.

<https://www.aboutkidshealth.ca/article?contentid=1&language=english>

PSYCHOLOGICAL effects of disaster emergencies and quarantines can impact all involved. Quarantine can be very isolating. Keep the mind occupied by watching your favourite streaming service, have a deck of cards, board games, puzzle books or art supplies on hand.

» sf/cope343

⁽ⁱ⁾ Information current as of March 30, 2020

⁽ⁱⁱ⁾ As of **MARCH 26, 2020** all travellers from outside Canada are now required by law to quarantine themselves for 14 days