

A Coronavirus Preparedness Checklist for Moms

Care for your family at home if a virus hits your house, with this checklist of natural and common sense items:



But first, some common sense:

- ☐ Wash your hands often! (Like, REALLY wash them!)
- ☐ Teach your kids to wash their hands often and properly.
- ☐ Disinfect your cellphone regularly (you know, that thing you are always touching, setting down on surfaces, taking into the bathroom with you, and holding up to your face!)

Vitamin D3

- ☐ To protect against respiratory viruses, Vitamin D3 is king.
- ☐ On hand to help fight respiratory viruses from home.
- ☐ The version your body will benefit from the most is a D3 with added K2, in an oil-based dropper form. We use the Canprev brand:

Elderberry Syrup

- ☐ Double blind studies have shown that elderberry syrup can cut the length of influenza in half . You take it at the first sign of symptoms.

Electrolyte Drinks

- ☐ Water on its own isn't enough if you get dehydrated, so stock up on something with electrolytes. There are your classic Gatorade or sport-drink beverages

High Nutrition, Shelf Stable Foods

- ☐ There is nothing worse than everyone in your family getting sick at the same time... so think about having simple, nutritious food options already at home.
- ☐ When sick, you want to focus on fresh produce – for all those great vitamins! The best way to get this in shelf stable form is freeze dried.

Even More Fruits and Veggies!

- ☐ Did you know that studies show that to be healthiest, it is best to get 10 servings (roughly 1/2 cup each) of whole fruits and vegetables in every day?

DIY Cough Syrup

- ☐ I always try to feel better with natural remedies before reaching for drugstore cough remedies. I love this DIY Cough Syrup from the blog Barefoot in the Kitchen. The ingredients are super simple!

A Couple Useful Essential Oils

- ☐ I'm no EO guru, but there are two essential oil blends I like to have on hand whenever we are coming down with something.
- ☐ OnGuard (Protective Blend)
- ☐ Breathe/Easy Air Blend

Hand Sanitizer

- ☐ This is another one that is flying off the shelves. We got a large bottle, plus smaller ones to throw in the car, purses, etc.

Face Masks / Physical Barriers

- ☐ Yes, I have to include this on the list! Face masks are most beneficial when worn by the person who is sick.

Extra Cleaning Supplies & Toiletries

- ☐ You will be doing a lot more laundry and sanitizing with a virus going through your house! Consider stocking up on extra laundry detergent, dish soap and germ-killing cleaning products.

If disinfecting with bleach, here are some important things to know:

- ☐ You need to buy disinfecting bleach (regular bleach just deodorizes).

☐ It lasts about 6 months from the packaging date before expiring.

☐ Add it to a spray bottle and dilute with water. Do NOT mix with vinegar (or any acid) unless you want to die a heck of a lot faster than from catching coronavirus.

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