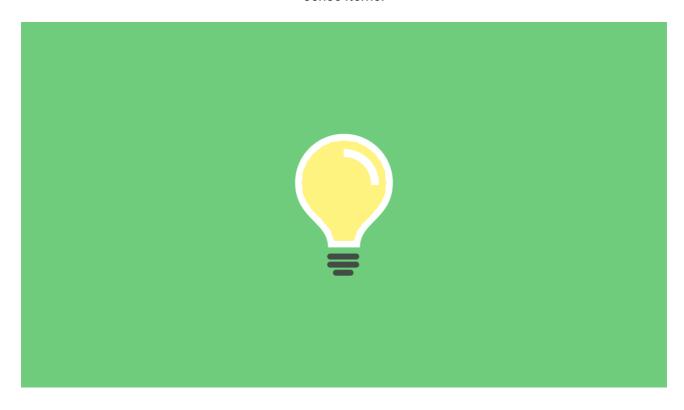
A Coronavirus Preparedness Checklist for Moms

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 faster than from catching coronavirus.	NOT mix with vinegar (or any acid) unless you want to die a heck of a lot Make and Share Free Checklists checkli.com