

# Emergency Quarantine Checklist

How to prepare for a potential quarantine with kids



- ☐ Water (gallons, bottles)
- ☐ Canned goods
- ☐ Canned / powdered milk
- ☐ Snacks
- ☐ Fruits / Nuts / Veggies
- ☐ Sugar / Salt / pepper
- ☐ Paper towels
- ☐ Toilet paper
- ☐ Laundry detergent
- ☐ Shampoo / Conditioner
- ☐ Body wash / Hand soap
- ☐ Disposable cups / plates
- ☐ Plastic utensils
- ☐ Hand sanitizer
- ☐ Rubbing Alcohol (60% +)
- ☐ Lysol Disinfectant
- ☐ Feminine supplies

- ☐ Disposable gloves
- ☐ Facial tissues
- ☐ Pain relievers
- ☐ Garbage bags
- ☐ Surgical masks
- ☐ First-aid kit
- ☐ Batteries
- ☐ Books / Magazines
- ☐ Pet food

### For the kids

- ☐ Juice pouches
- ☐ Baby Wipes
- ☐ Diapers
- ☐ Snacks
- ☐ Shelf-stable milk
- ☐ Cereal
- ☐ Children's Tylenol
- ☐ Games / Toys

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