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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