

Preparing for emergencies during COVID-19

What supplies should we have in to-go bags?

To-go bags should be customized to your needs and situation. However, there are some basics that everyone should consider bringing with them:

First Aid / Prep Items

- Prescription Medications with access to refills (CVS, or other chain stores)
- OTC Pain relievers, anti-diarrhea medication, antacids, fever reducers
- Prescription eyeglasses and contact lens solution
- Cell phone charger
- Flashlight/Batteries / Matches
- Water / Food (+pet)
- Toilet paper
- Sleeping bags / Clothing / Shoes
- Fire extinguisher
- Download FEMA App

Important Documents

- Photo Identification card / drivers license
- Health Insurance Card
- Social Security Card / Number
- Proof of Residency (deed, rental agreement, utility bill)
- Bank account / debit card, bank account number and routing number

COVID-19 Items

- Masks (2 per person min)
- Gloves (reusable or disposable)
- Hand Sanitizer / Soap
- Disinfecting wipes / Extra rags for cleaning surfaces
- Hydrogen peroxide 3% (5 min dwell time) for sanitizing
- Isopropyl or Ethanol alcohol - 60%+ for sanitizing
- Chlorine to disinfect fabric or surfaces (diluted – 5 tablespoons per gallon cold water) wear gloves!*

* From <https://www.contecinc.com/articles/how-to-clean-covid-19/> and FEMA Emergency Kit Checklists