

Checklist of Essential Supplies for Individuals and Families

This checklist will help you be prepared by lessening the impact of COVID-19 on you and your family. Many of these items are also applicable for natural disasters, such as earthquakes, tsunamis, fires, floods, etc.

Prepare to stock up on at least 14 days of supplies of what you have on hand at home. You may not be able to get to a store, or stores may have a limited stock or may have limited store hours.

WATER, FOOD AND OTHER ESSENTIALS

Foods and Liquids

- Bottled Water and/or Water Filter
- Canned Juice, Coffee, and Tea
- Canned Meat (Chicken, Tuna, SPAM)
- Canned Beans, Fruits, Vegetables, Soups, Sauces
- Grains (Rice, Pasta, Oats) and Cereal
- Dried Fruit, Snacks (Comfort Foods)
- Frozen Meats, Fruits, and Veggies
- Cooking Oil, Essential Spices (Salt, Sugar, and Pepper)
- Powdered Milk



Other Emergency Supplies

- Hygiene Products/ Feminine Products
- Tissues and Toilet Paper
- Copies of Medical Health Records and Important Documents



MEDICAL AND HEALTH SUPPLIES

- Prescription medications, over-the-counter medications, first aid supplies
- Liquid hand soap, laundry detergent, and cleaning supplies
- Alcohol-based hand cleaner
- Thermometer, blood pressure sphygmometer, glucometer
- Vitamins and other supplements
- Electrolytes, such as Pedialyte or Gatorade



To learn more about our doctor's group,
call Member Relations: (415) 590-7418



aamgdoctors.com



youtube.com/AAMGDoctors



facebook.com/DoctorsAAMG