

***Here are some things you can do to prepare:***

Recommended Supplies to have on hand:

- Disposable tissues
- Hand sanitizer (at least 60% alcohol) or soap and water.
- A disposable or digital thermometer
- Cleaning products, such as those on the [EPA-registered list of disinfectants](#)
- Laundry and dishwashing detergent
- Fluids such as tea, water, packets of Gatorade or healthier, low-sugar alternatives, and chicken or vegetable broth.
- Salt for salt water gargling for sore throat (1/4 to 1/2 teaspoon salt dissolved in an 8-ounce glass of warm water can temporarily relieve a sore or scratchy throat)
- Honey—alone or mixed in tea for sore throat and coughs
- Consider over-the-counter medicines for symptom control:
  - Acetaminophen (Tylenol) or Ibuprofen (Advil) for fever and aches. Follow dosing guidelines carefully to avoid excessive amounts.
  - Phenylephrine (Sudafed PE) for nasal congestion.
  - Dextromethorphan (Robitussin, Delsym) for suppression of cough.
  - Throat lozenges
- At least a TWO WEEK SUPPLY OF ANY CHRONIC MEDICATIONS, and ideally a 90-DAY SUPPLY

NOT recommended:

- Aspirin- due to the risk of Reye's Syndrome.
- Combination cold remedies—most of these contain Acetaminophen and can lead to taking excessive doses of medicine.

Groceries and Household Supplies (if you aren't on a Reed meal plan):

- Plan for 2 weeks without shopping. A balanced diet remains important. Aim to eat 3 meals a day. A general guideline 1/4 of your plate with protein, 1/4 with carbohydrates and 1/2 with fruits and vegetables. You can shop with those ratios in mind. Portion size will vary person to person; a general guide of how much you need per day is listed below.
- Protein: Approximately 6 ounce-equivalents per day. Eggs, cheese, frozen meat, tofu, tempeh, beans (canned or dried), nuts, peanut butter all will keep for several weeks. In general, 1 ounce of meat, poultry or fish, ¼ cup cooked beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or seeds can be considered as 1 ounce-equivalents.
- Carbohydrates: Whole grains, pasta, rice, potatoes, oatmeal, cereal. These will keep for months. Microwave versions exist for those whose cooking skills are limited. Bread can be purchased and frozen to be used as needed. (Roughly 16 oz. (2 cups a day) is a good starting point)
- Fruits/Vegetables: Broccoli, Kale, Cabbage, Carrots, Apples, oranges all keep for weeks in the fridge. Frozen fruits and vegetables retain their nutritional value, flavor and last longer than fresh variations. Generally a serving of fruit and vegetables is about ½ cup. A serving of leafy greens (e.g. spinach, kale) is 1 full cup. (Roughly, you need about 16 oz (4 cups a day))
- You'll want to make sure you have clean sheets and clothes as well as basic kitchen supplies including dishes, silverware and cooking pots.

Find more information at this [CDC Checklist](#).