

www.AbsoluteEHS.com

Example Preparedness List for my family of 3 (two adults and a toddler)

Plan for 6 weeks home.

Things I normally have in my everyday life:

1 refill size jug of all-purpose cleaner

2 refill size jugs of hand soap

1 gallon dish soap

1 container dishwashing detergent

1 container laundry detergent

toilet paper (I buy annually by the case so I did not need to buy more than I already had on hand)

1 case of instant soup

1 case of shelf-stable chicken broth

1 bag of rice

3 boxes pasta

3 jars of marinara sauce

2 boxes of waffles (freezer)

Variety of frozen meals my family already had prepared

Children’s cough medication (over the counter)

Chest rub (for congestion) (over the counter)

Daytime cough medication (over the counter)

Throat lozenges (over the counter)

Extra case of cat litter

Jar of pickles

Things I purchased because of the current crisis:

24 cans of veggies

4 cans of meat

2 lbs ground meat (freezer)

2 gallons of milk (frozen – remove ~1 cup of liquid prior to freezing) – I could not find shelf stable milk

1 bag extra cat food

1 container extra fish food

Games and art supplies for my daughter

Extra feminine hygiene products (assuming a worst-case scenario of two cycles)

Extra snacks and bribery for a potentially stir-crazy child (our go-to is ‘tiger cookies’ and m&ms)

Nighttime cough medication (we’re out from the flu a few months ago) (over the counter)

An additional jar of pickles (natural electrolyte replacement and my whole family likes them – you can also add more cucumbers to the brine and make more pickles or drink the brine directly)

**Expect to get sick and/or quarantined. It will make this exercise a lot easier for everyone involved.**

Making your own list - Home Exercise:

What cleaning supplies do you use regularly? Would you be able to last 6 weeks with what you have on hand? If not, what would you need?

Does anyone need medications, specific hygiene products (tampons, pads), or other consumable items (puppy training pads, baby diapers). How many do you need to last 2-6 weeks?

Do you have enough food for 2-6 weeks? At the moment, restaurants and online shopping is still easy to do so only keeping 2 weeks’ worth of inventory would be a good place to start. If you don’t have access to food delivery, consider preparing with more. Only buy things you know you will eat anyway so that it doesn’t go to waste.

Do you have pets at home and do you have the supplies to feed and care for them for 2-6 weeks?

Do you have a list of things to do if you’re stuck at home? In a quarantine, you may not be allowed outside. Plan accordingly.

Most importantly: You need cleaning solutions, hand soap, food, and hydration necessities (water, juice – NOT alcohol, coffee, energy drinks). There is no reason to think we will have a utilities shut down as of this moment.