

BE SAFE

# PACKING LIST

PREP YOUR QUARANTINE GO-BAG

## WHAT DO I NEED?

FACE COVERINGS

CLOTHES (14 DAYS WORTH)

TOILETRIES (TOOTHBRUSH, SOAP, SKINCARE, ETC)

THERMOMETER

MEDICATION (VITAMINS, DAILY MEDS, ETC.)

CHARGERS (COMPUTER, PHONE, ETC.)

SNACKS

EXTRA BLANKET OR PILLOW

THINGS TO DO (BOOK, GAMES, CARDS, ETC.)

## WHY DO I NEED IT?

KEEPING YOUR CONTACT LIST SHORT IS ALWAYS THE SMARTEST WAY TO HELP STOP THE SPREAD, BUT SOMETIMES IT CAN HAPPEN UNEXPECTEDLY. KEEPING YOUR GO-BAG READY HELPS TO ENSURE THE EASIEST TRANSITION INTO AN ISOLATION SPACE AND HELPS YOU KNOW WHAT YOU NEED TO STOCK UP ON!

## REMEMBER

TO HELP KEEP YOU SAFE AND NOT NEED THAT GO-BAG, REMEMBER THESE TIPS:

1. WEAR A FACE COVERING
2. SOCIAL DISTANCE (EVEN OUTSIDE!)
3. WASH YOUR HANDS OFTEN

BE READY JUST IN CASE! QUARANTINE GO-BAG!