COVID-19 QUARANTINE/ISOLATION PACKING

Pre-packed "go bag":

- Extra cell phone charger
- List of important phone numbers written out
- Medications
  - Prescription medications
  - Tylenol (to bring fever down, help with aches)
  - Vicks Rub (optional Mucinex DM or Robitussin Cough & Chest Congestion)
  - Cough drops
  - Printed list of any medication allergies
- 10-14 changes of clothing
  - Undergarments and pajamas
  - Slippers or other footwear (we advise not walking around barefoot)
  - Shower sandals (for use within the bathrooms)
- Bed linens (bed linens will not be provided)
  - Pillow/pillow case
  - Sheets/comforter
  - Fleece blanket
- Laundry detergent
- Toiletries
  - Thermometer
  - Moisturizer, lip balm
  - Feminine hygiene products, if applicable
  - Toothbrush/toothpaste
  - Shampoo/conditioner
  - Hair comb/brush, hair ties
- Tissues
- Snacks, pre-packaged foods and Gatorade
- Cloth face coverings
- Leisure items
  - Coloring book, with coloring materials
  - Word find book
  - Deck of cards
  - Etc.

Don't forget:

- Computer/charger
- Textbooks/notebooks