

## COVID-19 Shopping Checklist

### Top 10 Things To Buy To Prepare for COVID-19

Ohio Department of Health Director Amy Acton, M.D., MPH suggests the following household items to prepare for a possible quarantine or isolation due to COVID-19:

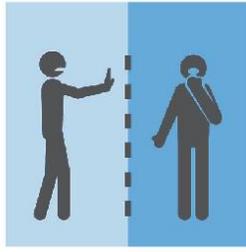
- Nonperishable food items like:
  - Canned fruits and vegetables, canned or powdered milk, broths, soup, meat products or fish, beans, stews, and any other canned items your family likes.
  - Snack items like peanut butter, jelly, crackers, nuts, and granola bars.
  - Frozen meals.
  - Baby food or special items your family members may need.
- Water and liquids with electrolytes like Pedialyte or sports drinks.
- Medications for all members of your family, including prescription medications and over the counter medicines like antacids, cough and cold medicines, pain relievers, and vitamins.
- Household items like toothpaste, soaps and shampoos, toilet paper, diapers if necessary, laundry detergent and disinfectant wipes.
- Entertainment items like video games, movies or shows, board games, card, reading materials, and anything else your family could do to stay entertained for extended amounts of time at home.

For additional information, visit [coronavirus.ohio.gov](https://coronavirus.ohio.gov).

For answers to your COVID-19 questions, call 1-833-4ASKODH (1-833-427-5634).



STAY HOME  
WHEN YOU ARE  
SICK



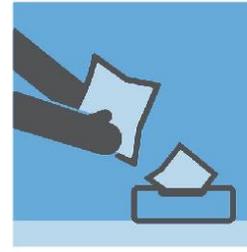
AVOID CONTACT  
WITH PEOPLE  
WHO ARE SICK



GET ADEQUATE SLEEP  
AND EAT WELL-  
BALANCED  
MEALS



WASH HANDS OFTEN  
WITH WATER AND SOAP  
( 20 SECONDS  
OR LONGER)



DRY HANDS WITH  
A CLEAN TOWEL  
OR AIR DRY  
YOUR HANDS



COVER YOUR MOUTH  
WITH A TISSUE OR  
SLEEVE WHEN  
COUGHING OR SNEEZING



AVOID TOUCHING  
YOUR EYES, NOSE,  
OR MOUTH WITH  
UNWASHED HANDS  
OR AFTER  
TOUCHING SURFACES



CLEAN AND DISINFECT  
"HIGH-TOUCH"  
SURFACES OFTEN



CALL BEFORE VISITING  
YOUR DOCTOR



PRACTICE GOOD  
HYGIENE HABITS