

COVID-19 Checklist

Things to Buy to Prepare

Top Things to Buy to Prepare for COVID-19

Minnesotans can use the following suggestions to prepare their home for possible quarantine and isolation. Buy enough in each category to last your family for two weeks.

Help take care of your community by *not over-buying* these supplies and asking friends and neighbors if they need any of these items. Many items should be available for delivery if needed.

Nonperishable food items

- › 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, formula, or special items your family members may need.
- › Water and liquids with electrolytes like Pedialyte or sports drinks.

Medications for all family members

- › Prescription medications your family uses.
- › Over the counter medications like pain relievers, cough and cold, and vitamins.

Pet supplies

- › Food
- › Medications

Household items

- › Toothpaste
- › Soaps and shampoos
- › Toilet paper
- › Diapers and baby wipes if necessary
- › Laundry detergent
- › Disinfectant wipes/spray

Entertainment items

- › Books and magazines
- › Board, card, and group games, puzzles
- › Video games
- › Movies or shows
- › E-Learning platforms

For up to date, accurate information, visit the Minnesota Department of Health (MDH) [Prepare and Prevent: COVID-19](#) webpage, or the Centers for Disease Control (CDC) [Coronavirus webpage](#).



Wash your hands.



Stay home when sick.



Cover your cough.



Keep 6 feet apart.



Stay informed.