

Checklist of Essential Supplies for Individuals and Families

This checklist will help you be prepared by lessening the impact of COVID-19 on you and your family. Many of these items are also applicable for natural disasters, such as earthquakes, tsunamis, fires, floods, etc.

Prepare to stock up on at least 14 days of supplies of what you have on hand at home. You may not be able to get to a store, or stores may have a limited stock or may have limited store hours.

WATER, FOOD AND OTHER ESSENTIALS

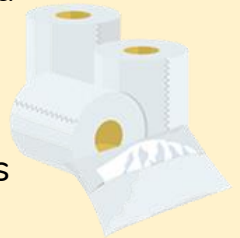
Foods and Liquids

- Bottled Water and/or Water Filter
- Canned Juice, Coffee, and Tea
- Canned Meat (Chicken, Tuna, SPAM)
- Canned Beans, Fruits, Vegetables, Soups, Sauces
- Grains (Rice, Pasta, Oats) and Cereal
- Dried Fruit, Snacks (Comfort Foods)
- Frozen Meats, Fruits, and Veggies
- Cooking Oil, Essential Spices (Salt, Sugar, and Pepper)
- Powdered Milk



Other Emergency Supplies

- Hygiene Products/ Feminine Products
- Tissues and Toilet Paper
- Flashlight with Extra Batteries
- Candles, Lighters, and Matches
- Copies of Medical Health Records and Important Documents



MEDICAL AND HEALTH SUPPLIES

- Prescription medications, over-the-counter medications, first aid supplies
- Liquid hand soap, laundry detergent, and cleaning supplies
- Alcohol-based hand cleaner
- Thermometer, blood pressure sphygmometer, glucometer
- Vitamins and other supplements
- Electrolytes, such as Pedialyte or Gatorade



Visit our website, Facebook page, and YouTube channel to learn more about various health topics!

 aamgdoctors.com

 tinyurl.com/AAMGYouTube

 facebook.com/DoctorsAAMG

個人和家庭基本品所需清單

該清單將通過減少新冠病毒對您和您的家人的影響為您提供幫助和準備。其中許多物品也適用於自然災害，例如地震，海嘯，火災，洪水等等。

準備庫存至少14天的家中用品。您可能無法到達商店，或者商店的存貨有限或商店的營業時間有限。

水，食物，和其他的基本品

食物和液體

- 瓶裝水和/或淨水器
- 罐頭水果汁, 咖啡, 和茶
- 罐頭肉 (雞, 金槍魚, 午餐肉)
- 罐頭豆, 罐頭水果, 罐頭蔬菜, 罐頭湯, 和罐頭醬
- 穀物 (大米, 面食, 燕麥) 和五穀物
- 乾水果, 零食 (舒適食品)
- 冷凍冰肉, 冷凍冰水果, 冷凍蔬菜
- 食用油, 基本香料 (鹽, 糖, 胡椒粉)
- 奶粉



其他緊急物資

- 衛生用品/女性用品
- 紙巾和衛生紙
- 手電筒和備用電池
- 蠟燭, 打火機, 和火柴
- 醫療健康記錄和重要文件的副本




醫療及健康用品

- 處方藥, 非處方藥, 急救用品
- 液體洗手液, 洗衣劑, 和清潔用品
- 酒精型洗手液
- 體溫計, 血壓計, 血糖儀
- 維生素和其他補品
- 液體電解質, 如兒科電解質或佳得樂



到訪我們的網站、Facebook專頁及YouTube頻道，了解更多有關各種健康主題的資訊！

 aamgdoctors.com

 tinyurl.com/AAMGYouTube

 facebook.com/DoctorsAAMG