

Removing Potentially Contaminated Protective Gear

Remove protective gear in this order:

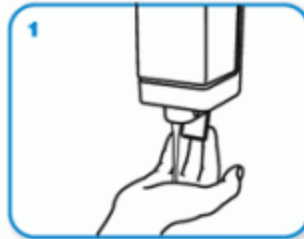
1. Gloves
2. Wash hands
3. Face mask
4. Wash hands
5. Eye protection
6. Wash hands

Throw all non-reusable items in the trash. Disinfect any of the items that are reusable.

Proper Hand Washing Technique



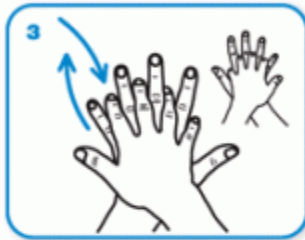
Wet hands with water



apply enough soap to cover all hand surfaces.



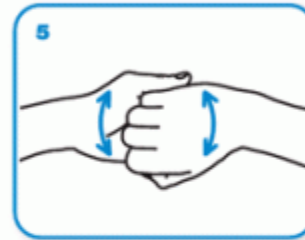
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



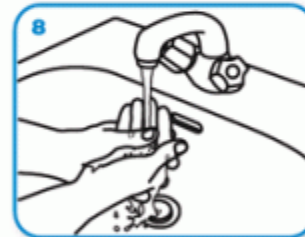
backs of fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



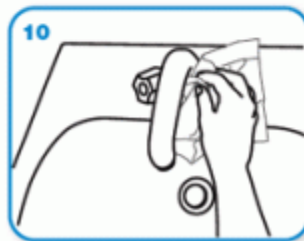
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.

Example Food Items to Buy for Quarantine

Examples of food items to stock for quarantine:

- Canned soups, meat, vegetables, and other foods
- Pasta, rice, beans, flour, baking items
- Crackers
- Spices to keep things from getting boring
- Comfort foods (Chips, Cookies, etc.)
- Juice
- Softdrinks
- Coffee
- Powdered milk
- Oatmeal
- Meal replacement bars
- Nuts

Food that freezes well:

- Meats
- Casseroles
- Soup, broth, and sauces
- Muffins, bread, dough
- Applesauce
- Butter, cheese, cream cheese, and sour cream
- Eggs
- Fresh herbs
- Citrus, grapes
- Milk

Checklists

Quarantine kit inventory:

- 5-gallon bucket with trash bags and kitty litter - You can pack most of the items in the 5-gallon bucket and it will double as a toilet by lining it with a trash bag and pouring about an inch of kitty litter in the bottom.
- 1 gallon of water per person for as many days as you may need to quarantine - A case of bottled water is just over 3 gallons.
- non-perishable food for each person for the length of time that you'll be quarantined for.
- Household chlorine bleach (unscented with no additives) - You can add 16 drops per gallon of water to disinfect it or **mix 1 part bleach to 9 parts water to make a disinfectant cleaner.**
- Pool shock (73% Calcium Hypochlorite and 70% available chlorine content) - Allows you to mix bleach at home and has a much longer shelf life than bottled bleach.
- Battery-powered or hand-crank NOAA weather radio
- Flashlight with extra batteries
- First aid kit
- Over the counter medication (see below for a full list)
- Thermometer
- Several N95 dust masks per person
- Disposable rubber gloves
- Clear goggles or protective glasses - Allows you to cover your eyes to prevent possible contamination by airborne particulates.
- Plastic sheeting and duct tape to seal around the plastic - Enough to seal all doors, and vents for an isolation room if needed.
- Surgical masks - For anyone in the house that may get sick.
- Heavy gauge garbage bags - For disposing of potentially contaminated waste.
- Anti-bacterial hand soap
- Clorox wipes
- Hand sanitizer - 60 - 95% alcohol
- Handheld spray bottles - For bleach disinfectant mix.
- 1-gallon sprayer - For disinfecting larger areas.
- Shampoo
- Deodorant
- Toilet Paper
- Toothpaste
- Toothbrushes

Additional items to add to your quarantine kit if your situation requires them:

- Diapers and formula
- Food and water for pets
- Can opener if you pack canned food

- ❑ Books, games, puzzles or other activities for children
- ❑ Prescription medications that will last you for the entire quarantine

OTC medication list:

- ❑ Immune system boosters (Emergen-C or Airborne)
- ❑ Cough suppressants (usually has the active ingredient dextromethorphan)
- ❑ Expectorant (active ingredient guaifenesin)
- ❑ NSAIDs or Tylenol for pain relief and fever reduction

Find more prepping and emergency preparedness information at [readylifestyle.com](https://www.readylifestyle.com)