

McCart Pharmacy **CORONAVIRUS** Preparedness Guide

Take the spread of coronavirus (Covid-19) seriously. Without panic there are some guidelines in basic composure and hygiene in advance to potential sickness / quarantine. We advise to only buy items you need and required for such events **NOT waste money in hoarding supplies.**

Aim to have a min of 14 – day supply of the following items. (30 days is ideal)

MEDICATION

- Over the counter (OTC) medication to treat cold and flu symptoms (We are in Texas)
- Medications to treat pain and fever, e.g. products containing acetaminophen
- Talk with your pharmacist/insurance company to discuss your options for acquiring larger quantities of certain prescriptions
- Maintain a healthy supply of vitamin and supplements or any other OTC products that are a part of your daily regimen



HOME SUPPLIES

- Hand sanitizers, toiletries like toothpaste, body wash, shampoo, shaving supplies, Hand soap. (Hand sanitizers is useful but should only replace washing when soap and water are not available.)
- Reasonable amount of toilet paper, tissues and paper towels
- Laundry and cleaning supplies, including disinfectants
 - o *The CDC recommends “for disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol and most common EPA registered household disinfectants should be effective”*
- Extra toothbrush in case someone gets sick or becomes ill.



FOOD

- Frozen Foods – (Use your freezer to extend the shelf life of fresh items like butter, certain cheeses, bread, etc.)
- Pantry Items
- Maintain adequate supply of water.



CDC recommendation is to get the flu shot now, if you haven't already.

Flu vaccines won't protect you against coronavirus, but it is highly recommended to help keep you healthy. Ask your pharmacist for a vaccine.