In the event that you become ill or have been exposed to COVID-19, you may be required to stay home for 14 days. We put together a list of essentials for you to prepare and adapt to your needs. It is important to have extra food at home that provides adequate nutrients and energy. You don’t need to rush and “stockpile” supplies. The goal is to be prepared and purchase items gradually. The next time you’re at the store, pick up extra supplies.

### FOOD
- Fresh veggies with a longer shelf life like beets, carrots, parsnips, rutabaga, turnip, potatoes, yams, cabbage, squash, onions.
- Fresh fruit with a longer shelf life: apples, melon, oranges, grapefruit.
- Frozen vegetables and fruit, canned vegetables and fruit, dried fruit, applesauce, tomato sauce.
- Whole grains like rice, barley, bulgur, couscous, quinoa, bread, tortillas, pasta, cold dry and hot cereals, crackers.
- Frozen and canned meat and fish, soup, stews (lower sodium).
- Firm tofu and tempeh.
- Yogurt, eggs, hard cheese, non-refrigerated milk and plant-based beverages, milk powder, evaporated milk.
- Canned and dried beans, chickpeas, lentils, nuts, seeds, nut butters.
- Flour, oil, butter or margarine, coffee, tea, jam/honey, sugar, granola bars, bouillon cubes, spices, condiments.
- Infant formula (if applicable).
- Meal replacements (if taken for specific medical conditions).
- Pet food and supplies.

**NOTE:** Best before dates refer to quality, not safety.

### SANITARY/HYGIENE SUPPLIES
- Hand soap, alcohol-based hand sanitizer, disinfectant wipes, bleach.
- Toilet paper, diapers, female hygiene products, tissues, wipes, toothpaste.
- Laundry detergent, dish soap, garbage bags.
- Surgical masks (facemask) for those who are infected or taking care of the ill.
- Floor cleaner, mop and bucket, toilet cleaner.

### LIMIT THE SPREAD OF GERMS
- Wash your hands often for at least 15 seconds with soap and water.
- Use alcohol-based hand sanitizer if soap and water are not available.
- Do not touch your eyes, nose, and mouth.
- When you cough or sneeze, cover your mouth and nose with a tissue or your arm, not your hand.
- Stay home if you are sick. Do not visit people in hospitals or long-term care centres if you are sick.
- Get your flu shot. By protecting yourself from the flu, you can ease the burden on the health care system and protect others.

### MEDICATIONS
- Pain and fever medicine (Ibuprofen and acetaminophen).
- If possible, fill your prescriptions for an extra month.
- Vitamin and mineral supplements (if applicable).