

COVID-19 Care Plan

CHANCE CESSNA

First Quarter
Version

How To Stay Safe

Coronavirus: How to stay safe



Wash your
hands
regularly



Sneeze/
cough into
a tissue



Bin it!
Throw your
tissues away
immediately



Sneeze/
cough inside
your elbow

Emergency Tools



Personal Care

- Deodorant
- Toothpaste
- Tooth Brushes
- Shampoo & Conditioners
- Lotion
- Candles & Matches
- Laundry Detergent
- Hand-Sanitizer
- Tissue
- Garbage Bags
- Ziplock Bags
- Paper Towels & Napkins
- Feminine Hygiene Products
- Plastic Gloves

Electronics & Tools

- Phone Charger(s)
- Portable Phone Charger
- Extra Keys for Car & House
- Can Opener
- Laptop & Chargers
- Tool Kits
- Flashlights
- Batteries

Childcare

- Clothes & Diapers
- Toys & Pacifiers
- Medicine & Supplements
- Bottles & Blankets
- Strollers & Car Seats

Fitness

- Home Workout Equipment
- Workout Mat(s)
- Free Weights
- Headphones

Financial

- Cash (smaller bills & coins)
- Debit & Credit Cards

Medical

- Eye Glasses & Contacts
- Eye Drops & Solution
- First Aid Kit
- Medicines
- Vitamin C Packets
- Vitamins & Supplements
- Emergency Contact Card
- Emergency Family Plan
- Paperwork & Documents
- Additional Copies of Health Records & Personal Documents
- ID's, Passports, Licenses etc.

Reading & Writing Materials

- Bible
- Favorite Books
- Journal & Pens
- Stamps & Envelopes
- Board Games

Essentials | Grocery List

Co.

Water	Frozen Vegetables
Cereal	Snack Bars
Nuts	Milk (Non-Refrigerated)
Crackers	Soups
Canned Food	Teas
Rice	Vitamin C
Beans	Vitamins & Green Supplement
Pasta	Oatmeal
Potatoes	Tissue Paper
Pasta Sauce	Ziplock bags
Meats	Oil
Canned Fruit	

Symptoms

COVID 19

Fever
Cough
Shortness of Breath
Symptoms appear 2-14 days after exposure

FLU

Fever
Cough
Sore throat
Headaches

Body or muscle ache
Runny or stuffy nose
Fatigue

ALLERGIES

Sneezing or coughing
Runny nose and scratchy throat
Itchy, red or watery eyes

Smile, You Have
A lot To Still Live
For.



"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go."

Joshua 1:9



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