



# PANDEMIC CHECKLIST

## 7 THINGS TO DO NOW

The coronavirus pandemic has made life unpredictable. No one can know for sure whether they will get sick or to what degree they may get sick. To protect yourself and your family during this uncertain time, the following steps should be taken in the event someone in your family requires medical attention due to COVID- 19 or other contagious disease.

- Keep a written or electronic list of your current medications, illnesses and conditions, and treating physicians where the right people can access it quickly.
- Make a list of names of individuals who can watch your children in the event you are in the hospital or need to quarantine. Let these individuals know of your plan ahead of time.
- Create a file for each family member to be referenced by medical professionals or temporary caregivers with the following information:
  - Medical information: current medications, illnesses and conditions, and treating physicians
  - School information for children: teacher's name, school contact information, school schedule
  - Relevant legal documents from the list of estate planning documents
- Keep the following supplies on hand for treating an illness:
  - Tissues
  - Hand soap and sanitizer
  - Thermometer
  - Fever-reducing medication
  - Disposable Face masks
- Create a space in your home where family members can quarantine that contains the following items:
  - A bed, air mattress, or other soft sleeping surface
  - Entertainment such as books, TV, video games
  - Phone and phone charger
  - Access to a restroom
- Have two weeks of food and liquids on hand.
  - two weeks of meals for the family
  - Plenty of fluids, soup, and comfort foods for the sick family member
- Update your estate planning documents and keep them in an easily accessible place:
  - Last Will and Testament
  - Revocable Living Trust
  - Financial Power of Attorney
  - Medical Power of Attorney
  - Living Will
  - Delegation of Parental Authority

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