COVID QUARANTINE BAG KIT

Designed for College Students (also works for your young adult child living on his or her own & has to check in to the hospital for Covid or any other reason)

The possibility exists that your college student may test positive, and have to leave his or her dorm for a quarantine location. A VERY GOOD idea is to have a pre-packed Quarantine bag in his or her closet. It's easier to tell the roommate, "grab the black backpack with green sock tied to it in my closet and my laptop" than to try to figure out & list what he or she will need/want for about two weeks & where it's at in the room. The next page has some suggestions:

Keep your health at the forefront of your decision making process!

CDC WEBSITE - SYMPTOMS
https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html

CDC WEBSITE - FAQ
https://www.cdc.gov/coronavirus/2019-ncov/faq.html

WORLD HEALTH ORGANIZATION
https://www.who.int/emergencies/diseases/novel-coronavirus-2019
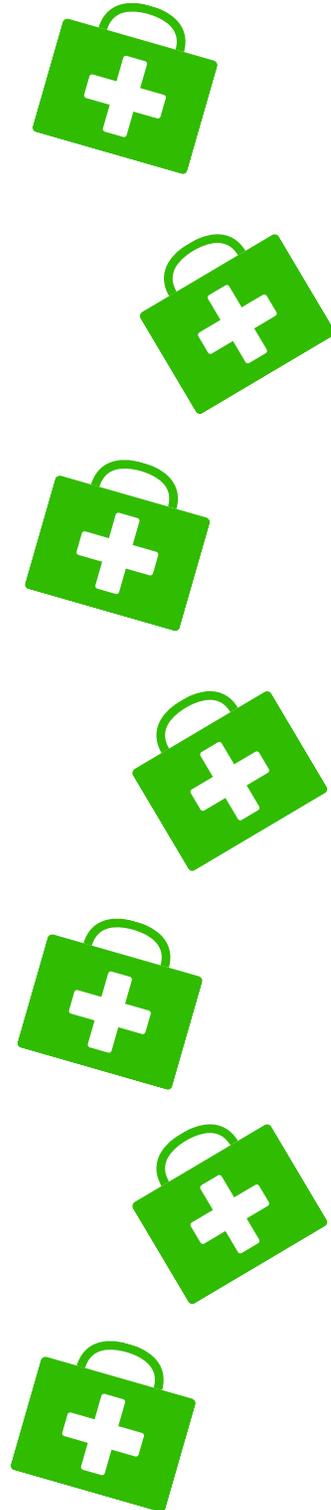
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- extra cell phone charger
- wired headphones
- list of important phone numbers written out on paper (keeps people from needing access to their phone)
- list of any allergies to Include medicine
- changes of clothes/pajamas 3 sets at least (lounge wear/sweats RECOMMEND at least 1 long pants & 1 long sleeve t-shirt/sweatshirt)
- socks & house shoes/slippers
- fleece blanket
- cough Drops
- fever reducer & pain controller (Tylenol or generic acetaminophen)
- vapor rub
- cough suppressant (Mucinex DM or Robitussin Cough+Chest Congestion DM)
- thermometer
- toiletries (toothbrush, toothpaste, feminine hygiene, deodorant, lotion, liquid body soap, shampoo, hair brush, hair ties, shaving items, etc)
- contact lenses & cleaner or extra glasses
- prescription meds or a list of meds, prescribing Dr. w phone number & pharmacy used w/ number
- tissues
- snacks
- masks (15 medical blue or yellow ones RECOMMENDED)
- step away from the situation (novel, puzzle/coloring book w/ crayons, cards)

Keep your health at the forefront of your decision making process!

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