



‘BE PREPARED’ CHECK LIST

This checklist provides some ideas and suggestions on what to prepare in case you or a family member tests positive to COVID-19. While not all points will be relevant to your situation, we hope it will help you plan for what best fits you and your family’s needs.

AT HOME	COMMENTS
If possible, have a separate bedroom set up. Ideally, a room no one else needs to access to and is away from other family members.	
If you do not have a spare room, wear a medical mask and keep a distance of at least 1 meter - 3 feet, from other people at home.	
Keep the room well ventilated with fresh air.	
If possible, have a designated bathroom for the person who has tested positive. If not possible, wait as much time as you can to use the bathroom and clean it thoroughly before and after use.	
Keep utensils, bedding and towels separate from one another to limit the chance of contamination	
Designate one member of the family to care for the ill person	
Wash beddings, towels and clothes with hot water	
Ensure your family’s prescriptions are up-to-date.	
FOOD & SUPPLIES	COMMENTS
Maintain a food supply of nonperishable food for at least a week for all family members.	
Freeze meals like soups and stews you can easily defrost and reheat for the couple of days that you might not have strength to cook.	
Make a list ahead of time of the food, cleaning supplies and toiletries you may need in case you need to ask someone to buy them for you.	
If possible, find a pharmacy and grocery store with pick-up or delivery, so someone can pick up your goods and deliver them to your front door.	
If you have small children, ensure you have diapers and baby food supplies available for a few days.	
Have a supply of batteries, books, puzzles, etc.	
If you have pets, ensure you have supply of cat litter, pet food, etc.	



SUPPORT NETWORK	COMMENTS
Designate a person to call, outside of the household, in case you need to attend a medical center for a check up	
Have a designated “delivery buddy” (family member/ friend/ fellow employee) who can help deliver food or supplies you need during your quarantine period. As your initial delivery buddy may end up in a quarantine themselves it is a good idea to have a back-up.	
Depending on where you live, stores will deliver groceries and supplies to your home. If you do not already have an online account with your local grocery stores, consider setting one up now..	
Have cash on hand and a small emergency fund if you can..	
YOURSELF	COMMENTS
Get enough sleep, eat well and exercise daily.	
Monitor the symptoms of the ill person and the caregiver. If they get worse, call your designated health care provider.	
Covid-19 attacks the respiratory system; if you smoke and were thinking about quitting, there may be no better time than today.	
Limit your news intake to about 30 minutes per day and refer to credible local sources that reflect the situation and health department recommendations for where you live. Check out our employee webpage or the Compass for useful information from the Nova Scotia and Ontario health departments.	
Virtually connect to a friend or a family member daily	
Put aside some favorite movies, books or music for remaining positive during recovery days. It is important to keep in good spirits.	

Please consider joining the “Be A Delivery Buddy” volunteer list and don’t hesitate in asking for help from your team in case you need it.

You can sign up to ‘Be A Delivery Buddy’ and or ‘Find A Delivery Buddy’ on the dedicated page www.emmersonpackaging.com/buddy-list/

For more information relating to caring for someone sick at home please [visit the CDC website here.](https://www.cdc.gov/coronavirus/2019-ncov/need-to-care-for-someone-at-home.html)