



Public Health
Prevent. Promote. Protect.

Cortland County Health Department

CORTLAND COUNTY HEALTH DEPARTMENT

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Preparing your Household for Home Quarantine

FOOD

It's recommended that you have enough non-perishable food on hand to carry you through at least two weeks, according to the [American Red Cross](#).

- Canned foods (soups, vegetables, fruits)
- Other nonperishables (grains, pastas, rice)
- Dehydrated foods (like this 24-serving bucket good for 30 years)
- Snacks (chips, crackers, nuts)

DRINKS

Water is the most important, but other hydrating beverages are good too. A two-week supply is recommended for your homes during a quarantine.

- Water (one gallon per person per day)
- Water filters (backup if you run out of bottles)
- Hydrating drinks (like Gatorade or Pedialyte)

HYGIENE

Good hygiene, particularly regular and thorough hand washing, is one of the best ways to protect yourself from coronavirus, or just plain old cold or flu, according to the [CDC](#). Make sure you're well stocked on these items in case of a quarantine.

- Hand soap
- Hand Sanitizer with high alcohol content
- Toilet paper
- Tissues
- Disinfecting wipes
- Feminine care products
- Laundry detergent
- Dish soap/detergent

MEDICAL

It's important to have an adequate supply of any daily or prescription medications you take in the event of a pandemic, according to [Ready.gov](#). It's a good idea to have supplies of the following:

- Over-the-counter medicines (pain relievers, cough suppressants, antihistamines)
- First Aid Kit

BABY

If you have a little one at home, the good news is that children seem to be less vulnerable to COVID-19 than adults. But if you're stuck at home in a quarantine, your baby is most likely going to be stuck there with you.

- Bottles
- Formula/Baby food
- Diapers

PETS

Don't forget the four-legged (or finned or feathered or scaled or...) friends. Your pet is going to be at home with you too, and if businesses are closed and communities are quarantined, you're going to want to have enough pet products to care for them too.

- Pet food
- Cat litter

GEAR

Now we come to the question of face masks. Should you wear them? The [CDC doesn't recommend them](#) for disease prevention. However, if you are sick, face masks, such as the N95 respirator mask, can help prevent people around you from contracting the disease. Here's some other gear to consider:

- Emergency kits
- Batteries

BEHAVIOR

It's not enough just to have the right stuff. Good disease prevention works best if you follow some important practices on a regular basis:

- Stay away from crowds/social distancing - This is the chief reason why you want to stock up on everything above now, so that if Coronavirus does hit your community, you don't have to go out and get supplies at the same time as everyone else.
- Wash hands frequently - We mentioned this above, but it's worth saying again. Wash your hands all the time. Health experts say you should scrub for 20 seconds (about as long as it takes to sing "Happy Birthday, twice).
- Cough or sneeze into your elbow instead of your hands. It helps keep viruses from getting airborne.
- Throw away used tissues - Don't stick them in your pocket or leave them on a surface. They have germs on them.
- Keep hands out of your mouth, nose and eyes - This helps prevent transmission of not just coronavirus, but other respiratory diseases, according to the CDC.
- Bookmark the Cortland County website and/or Facebook page for regular notifications.

IF YOU GET SICK

In addition to continuing to practice the measures above, there are a few more things you should do if you become sick, according to the CDC:

- Call a doctor - You don't need to rush to the hospital or an urgent care facility right away. In fact most coronavirus cases are mild. But call your primary care physician. They may be able to help you over the phone. If you believe you are having a medical emergency, dial 911.
- Work from home
- Don't share with others
- Separate yourself from other people you live with
- Do wear a face mask - As previously mentioned, while masks are not effective for protecting you from the disease, once you have it, they can help protect those around you.
- Wash doorknobs, light switches, toilet seats, countertops and other high-touch surfaces daily