

COVID-19 Preparedness Checklist

- Get influenza high-dose vaccination NOW! Date:
- Supply masks and gloves for self and guests
- Take immune system boosting supplements DAILY
 - Vitamin B complex: 2000-3000 mg of B12
 - Vitamin C: 1000-2000 mg
 - Vitamin D3: 2000-3000 IU
 - Zinc: 25-50 mg
- Identify contactless food delivery services:
<https://mocofoodcouncil.org/covid-19-local-food-system-resources/>
- Enroll in a local home delivery pharmacy and get 90 day Rx supplies
(Do not rely on mail order only.)
- Increase strength & fitness daily through Physical Therapy
(Medicare Part A or Part B home visiting therapies)
- Update legal POA and Maryland Advance Directive in agreement with your MOLST forms and post in the home
- Smartphone for telehealth visits and emergency needs
- Home monitoring medical equipment:
 - Accuhealth/Evelyn blood pressure cuff – use daily
 - Thermometer – use when feeling “off”
 - Pulse oximeter – use when feeling “off” or when directed
- Closely monitor for caregiver burnout:
 - Montgomery County Crisis Center: 240-777-4000
 - EveryMind Hotline: 301-424-0656

If you are living with a COVID-positive household member and need home testing, call: 240-777-1755