



**A QUICK-START GUIDE
TO
PREPARING FOR A
PANDEMIC**

**START
HERE...**

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Quick-Start Pandemic Preparedness Guide

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Here's a super-quick guide to getting prepped for a potential pandemic. In the event of a pandemic, mandatory quarantines and isolation are likely. You'll want to have food, household supplies, and of course, supplies for preventing the spread of the illness if at all possible.

I hope you find these checklists helpful. You may already have many of these things on hand – if so, that's awesome! Just get things organized so you can find what you need quickly.

If you're not officially a prepper, don't despair – consider this your crash course. Remember, take a deep breath and don't panic. By going through these lists you are striving to take care of your family.

Prepper Food List

Wondering what to stockpile? Here are some pantry basics that preppers like to keep on hand. You don't have to have every single item. This is a basic list to give you a starting point. Focus particularly on the things that your family enjoys.

Scratch Cooking Supplies

- Apple cider vinegar
- Baking powder
- Baking Soda
- Balsamic vinegar
- Black pepper
- Brown sugar
- Butter
- Cocoa
- Coconut oil
- Confectioner's sugar
- Cornstarch
- Herbs and spices
- Honey
- Lard
- Maple syrup

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- Molasses
- Nonfat dry milk
- Olive oil
- Salt
- Shortening
- White sugar
- White vinegar
- Yeast

Grains

Amaranth

- Barley
- Buckwheat
- Cereal
- Cornmeal
- Couscous
- Flour
- Oats
- Pasta
- Quinoa
- Rice
- Wheat

Fruits and Veggies

- Canned
- Dried
- Freeze-dried
- Frozen

Protein Sources

- Beans, canned
- Beans, dry
- Canned Meat
- Eggs, freeze-dried
- Jerky
- Milk, powdered

- Nuts/Nut Butter/Nut Butter Powder
- Protein Powder

Other

- Baked good mixes
- Coffee
- Condiments
- Cookies, Candy and Sweets
- Granola Bars
- Gravy Mix
- Jam and Jelly
- Marinara
- Popcorn
- Pretzels
- Pudding cups
- Sauces
- Soup and Stew (canned)
- Syrup
- Tea
- Trail Mix

Household Supplies

- Baby wipes
- Band-Aids
- Batteries
- Bleach
- Candles
- Cleaning supplies
- Cotton balls
- Cotton swabs
- Dental floss
- Deodorant
- Dish soap
- Duct tape
- Feminine hygiene items

- Flashlights
- Garbage bags
- Hand sanitizer
- Kitty litter
- Laundry products
- Lighters
- Over-the-counter medications
- Paper towels
- Peroxide
- Pet food
- Prescription medications
- Rubbing alcohol
- Shampoo and Conditioner
- Soap
- Tin foil
- Toilet paper
- Toothbrushes and Toothpaste
- Vaseline
- Vitamins
- Zip-lock bags in a variety of sizes
- Zip-ties

Pandemic Illness Supply List

If you're preparing for a pandemic, there's the possibility someone in your household may become ill. If hospitals are overwhelmed, you may be faced with caring for them at home while trying to avoid spreading the illness to other family members. Here's a list of basic supplies for this scenario.

- Tarps
- Duct Tape
- Quarantine signs or tape
- Tyvek Protective clothing for each family member
- N-95 or N100 masks
- Nitrile gloves - be sure to order appropriate sizes
- Shoe covers
- Hair covers
- Safety goggles with an elastic band and rubber gasket to ensure a snug fit
- Antibacterial cleaners such as disposable wipes, bleach, and spray cleaners
- Antibacterial hand sanitizer
- Bleach for cleaning
- Heavy duty garbage bags for medical waste
- Basic Over-the-Counter Medical Supplies for symptom relief
- Paper towels
- Portable toilet with disposable liners
- Fluid with electrolytes
- Large plastic bin for emergency supplies

Pandemic Isolation Area Checklist

In the event that a member of your group becomes ill, they need to immediately be quarantined from the rest of the group. By the time they're showing symptoms, it could be too late to prevent the spread of illness, but effort should still be taken to isolate them.

Here are some tips on isolating a patient.

- The sick room should be sealed off from the rest of the house. Use a heavy tarp over the doorway to the room on the inside and the outside. This will make a small breezeway for the caretaker to go in and out.
- The caretaker should cover up with disposable clothing, gloves, shoe covers, and hair covers.
- The caretaker should wear an N100 mask, safety goggles, and/or a face shield.
- The sick person should use disposable dishes and cutlery.
- All garbage from the sick room should be placed in a heavy garbage bag and burned outdoors immediately.

- The sick person should not leave the room. If there is not a bedroom with a connected bathroom, a bathroom setup should be created within the room. Great care must be taken with the disposal of this waste.

What to Focus on When Money Is Limited

If you're like most of us, you don't have unlimited funds to outfit an airtight bunker. You'll most likely be hunkering down at home.

While you should get a few specialty pandemic-related items if you can, at this stage a lot of things will be sold out. So focus your efforts on things you'll use regardless of whether you need it for a quarantine or just for life in general after the emergency is over:

- Food
- Water
- Household goods
- Cleaning supplies (bleach and antibacterial products)

To keep up to date on this crisis, watch your email – I'll be sending regular updates. For all of our articles on the topic, click "[Pandemic Watch](#)" in the menu at the top of the website.

For an extremely thorough primer on preparing for Covid-19, check out Cat Ellis's book, [The Wuhan Coronavirus Survival Guide](#), available only on Amazon.