CHECKLIST FOR QUARANTINE/ISOLATION

☐ Laptop/charger - so you can attend classes virtually and complete homework assignments
☐ Cell phone/charger
☐ MASKS, hand sanitizer, hand soap
☐ Important documents:
  o Driver license
  o School ID
  o Insurance card
☐ List of important people and their phone numbers written out or in your phone
☐ List of any allergies (foods and meds)
☐ Medical supplies:
  o Prescription medications (if applicable)
  o Digital thermometer/thermometer (if you have one)
  o Acetaminophen and/or Ibuprofen (Tylenol/Advil)
  o Cough drops
  o Mucinex DM or Robitussin Cough and Chest Congestion
  o Vitamins
☐ Comfortable clothing (enough for 14 days)
  o Sweatpants, sweatshirts, fuzzy socks, underwear, pajamas
☐ Toiletries:
  o Toothbrush, toothpaste, lip balm
  o Soap, deodorant, shampoo/conditioner
  o Blow-dryer, hair products, brush/comb
  o Glasses, contact lenses, contact solution and case
☐ Sheets, pillowcase, blanket, pillow, stuffed animal
☐ Bath towel, hand towel
☐ Laundry bag
☐ Snacks
☐ Entertainment: Books, handheld video games, puzzles, adult coloring book/colored pencil, crafts
☐ Any other necessities you might need over the course of the quarantine/isolation period

*many of these items are suggestions, not requirements