

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:
 - Driver license
 - School ID
 - 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:
 - Prescription medications (if applicable)
 - Digital thermometer/thermometer (if you have one)
 - Acetaminophen and/or Ibuprofen (Tylenol/Advil)
 - Cough drops
 - Mucinex DM or Robitussin Cough and Chest Congestion
 - Vitamins
- Comfortable clothing (enough for 14 days)
 - Sweatpants, sweatshirts, fuzzy socks, underwear, pajamas
- Toiletries:
 - Toothbrush, toothpaste, lip balm
 - Soap, deodorant, shampoo/conditioner
 - Blow-dryer, hair products, brush/comb
 - 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