

AT HOME CARE FOR COVID-19

Mild-Moderate Symptoms

SHOPPING LIST

OVER-THE-COUNTER MEDICINE/MED & MISC SUPPLIES

- Anti-Histamine with Acetaminophen (Allergy Medication)
- Tylenol
- Vick's Vapor Rub
- Cough Lozenges (try a natural flavor like honey & lemon)
- Thermometer/Pulse Oximeter (optional)
- Diffuser with Peppermint, Eucalyptus essential oils (optional)
- Vitamin D, Probiotic, Multi-Vitamin

TEA SUPPLIES

- Ginger Tea
- Mint Tea
- Raw/Natural Honey
- Lemon Juice

BEVERAGES

- Ind. Bottled Water
- Ind. 100% Orange Juice Boxes or other Juice Boxes
- Ind. cans of V8 (Vegetables source)
- Milk for Smoothies and Cereal
- Gatorade (Electrolyte Balance)
- Fresh Coconut Water (Potassium source)

OTHER/FLUID SOURCES:

- Pre-Made Smoothie Packets
- Yogurt
- Natural Fruit Popsicles
- *will help sore throat as well

INGREDIENTS/MEAL IDEAS

FOR CAREGIVERS:

- Peanut Butter (or Other Nut Butters) & Jelly
- Healthy Vegetable Tots
- Microwavable Soups
- Microwavable Pasta
- Lunchables, Packaged lunch kits
- Premade Breakfast Sandwiches
- Crackers
- Eggs for boiling
- Canned Tuna

SOUP/BROTH INGREDIENTS

- Celery
- White Onion
- Garlic
- Bone Broth or Beef Shoulder to make (Bone Broth)
- Organic Chicken Broth or Whole Chicken to Make Broth
- Tomato Juice
- Bean Soup (for Protein)
- Crackers/Plain Bread
- Seasoning Packets (Low-Sodium)

FRUITS & VEGETABLES

- Oranges
- Peaches
- Banana
- Fresh Pineapple
- Sliced Apples
- Spinach, Dark Leafy Greens
- Berries (Strawberries, Blackberry, Blueberry) for Smoothies
- Carrots (for juicing)
- Ginger (for Juicing)

COMFORT CARE:

- Tissue
- Extra small towels/sponges (buy this at dollar store etc.) that can be made into ice packs to keep fever down (just wet and freeze in freezer)
- Paper Towels

Not necessarily needed to be bought, but designated to the infected individual:

- Extra blanket/Linens/Extra Pillows (one that the infected person can use)
- Gloves/Bag (for putting things in touched by infected person)
- Antiviral wipes to wipe down surfaces