

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)
- Elderberry
- 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)
- Nut Milk for Smoothies and Grain-Free Cereal
- 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) & Natural Jelly
- Healthy Vegetable Tots
- Microwavable Soups
- Microwavable Pasta
- Packaged charcuterie lunch kits, Nuts
- Premade Breakfast Sandwiches
- Crackers, Popcorn
- Eggs for boiling
- Canned Tuna

SOUP/BROTH INGREDIENTS & PROTEIN DISHES

- Celery
- White Onion
- Garlic
- Bone Broth or Grass Fed Beef Shoulder to make (Bone Broth), Grass-Fed Beef
- Organic Chicken Broth or Whole Chicken to Make Broth, Ground Turkey
- Organic Tomato Juice
- Almond Crackers/Keto Bread/Nut Flour Wraps
- Seasoning Packets

FRUITS & VEGETABLES

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

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