

Be prepared for COVID-19 Checklist

Who can do my shopping for me/us?

Who can pick up my shopping?

My back-up shopper or collector is:

Shopping checklist:

Food

- Fresh: fruit and vegetables
- Dried: pasta, rolled oats, cereals, noodles, beans, milk powder
- Staples: sugar, flour, oil/butter, salt
- Canned: soup, beans, tuna, tomatoes
- Frozen: vegetables
- High energy: peanut butter, nuts & seeds, crackers, energy bars
- Foods your family likes when sick
- Pet food
- Baby food, formula

Cleaning

- Bleach, disinfectant
- Paper towels or rags
- Bin bags
- Household cleaning products
- Medical supplies
- Regular prescription medication
- Basic first aid: plasters, bandages, scissors, gloves, Dettol, thermometer
- Non-prescription medications: paracetamol, ibuprofen, cold & flu, anti-histamine, throat lozenges
- Glasses and contact lens solution
- Medication for your pets

Hygiene

- Toilet paper
- Menstrual products: pads, tampons
- Baby supplies: nappies, wipes, rash cream
- Tissues
- Soap, shampoo, conditioner, toothpaste
- Laundry detergent
- Alcohol-based hand sanitiser containing at least 60% alcohol
- Masks

Other things to think about:

Communications

- Charge phones, tablets, radios, power banks and hearing aids
- Spare batteries
- Download chat apps
- Make other plans of how to check in with each other

Entertainment

- Puzzles
- Books and magazines
- Cards and games
- Colouring and activities
- Podcasts

For more information:

www.VaccinateGreaterWellington.nz or www.covid19.govt.nz