

Top 12

Flu/Virus Prevention & Treatment Supplies

To store in case of a viral epidemic or pandemic

It's wise to be prepared for a possible serious influenza or any virus (*Like Corona Virus*) outbreak that could threaten the lives of your family and neighbors. The following items could be very helpful, especially in a home quarantine situation, in preventing the spread of the virus and saving the lives of those infected.

Prevention Supplies:

- Disposable medical face masks (*one box of 50*)
- Disinfectant alcohol hand sanitizer (*2 large containers and 6 small 3oz pocket size*)
- Disinfectant wipes (*2 large containers and 6 pocket size containers*)
- Disinfectant spray (*2 large cans*)
- 70% Isopropyl alcohol (*two large bottles*)
- Multi-surface cleaner (*2 large containers like Pine-Sol*)

Treatment Supplies:

- Vitamin D3 5000 iu capsules daily (*take one daily with physicians approval*)
- Zinc 40-50 mg and Quercetin 500 mg daily (*take both daily with physicians approval*)
- Vitamin C 500 mg tablets daily (*take one daily with physicians approval*)
- Prescription medications (*at least one month supply*)
- Anti-diarrheal tablets (*Loperamide HCL*)
- Electrolyte drink (*Recommended: LIQUID I.V. Hydration Multiplier power or Home-made recipe: 1 gallon of water with 1 tsp. of salt, 1 tsp. of baking soda, 1 Tbsp. of honey or sugar*)

Additional items:

- At least three-month supply of food (*rice, oat meal, canned soups, chili, crackers, peanut butter, pancake mix & syrup, potatoes, canned meats, dry beans, etc.*)
- Soaps, detergents, and bleach for washing – *body, clothes, linen, dishes, etc.*
- Disposable paper products - *Toilet paper, tissues, quality towels, small cups, plates*
- Plastic trash bags - for bedside waste and house hold waste (*3mil contractor bags*)