

How to prepare for a pandemic situation

COVID-19 is a new coronavirus strain that is now spreading around the world. Human coronaviruses are common, and tend to cause mild illness ranging from the common cold to pneumonia. As cases of the novel coronavirus (COVID-19) continue to spread internationally, it is becoming more likely that we will see worldwide spread of the virus. Canada and other countries currently are focusing on the containment of COVID-19, but there is a strong possibility that this virus could spread locally within Ottawa and elsewhere in Canada.

Get ready

Should you become ill, you would likely need to stay home to limit the spread.



- Gradually stock up on supplies and non-perishable foods over the next few weeks. Be considerate of how much you actually need to buy.
- Make plans for your children or other dependents in case you become ill.
- Make preparations with your employer and discuss work-from-home arrangements.
- Stock up on cleaning supplies, hand soap, hand sanitizer, bleach and nitrate/latex gloves.
- Stock up on supplies for your pets.

Fill prescriptions

Fill prescriptions and stock up over-the-counter medications. Be considerate of how much you actually need to buy.



- Don't wait to fill essential prescriptions.
- Fill prescriptions for an extra month, if you're able.
- Purchase pain and fever medicine (Ibuprofen and acetaminophen).

Limit the spread of germs

Adopt good personal hygiene, and avoid others if you become sick.



- Wash your hands often for at least 20 seconds with soap and water.
- Use alcohol-based hand sanitizer if soap and water are not available.
- Do not touch your eyes, nose, and mouth unless you have just washed your hands.
- When you cough or sneeze, cover your mouth and nose with a tissue or your arm, not your hand.
- Stay home if you are sick. Do not visit people in hospitals or long-term care centres if you are sick.
- Get your flu shot. By protecting yourself from the flu, you can ease the burden on the healthcare system and protect others.

The situation is changing rapidly. Visit our website for regular updates:

OttawaPublicHealth.ca/PandemicPrep

**Turn page
over for a list of
essential supplies.**

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List of essential supplies

In the event that you become ill or have been exposed to COVID-19, you may be required to stay home for 14 days. We put together a list of essentials for you to prepare and adapt to your needs. It is important to have extra food at home that provides adequate nutrients and energy. You don't need to rush and "stockpile" supplies. The goal is to be prepared and purchase items gradually. The next time you're at the store, pick up extra supplies. Do this gradually.

Food

- Fresh veggies with a longer shelf life like beets, carrots, parsnips, rutabaga, turnip, potatoes, yams, cabbage, squash, onions
- Fresh fruit with a longer shelf life: apples, melon, oranges, grapefruit.
- Frozen vegetables and fruit, canned vegetables and fruit, dried fruit, applesauce, tomato sauce, 100% vegetable and fruit juice
- Grains like rice, couscous, quinoa, bread (with a longer shelf life), tortillas, pasta, cold dry and hot cereals, bread rusks, crackers
- Frozen and canned meat and fish, soup, stews
- Yogurt, eggs, hard cheese, non-refrigerated milk and plant-based beverages, milk powder, evaporated milk
- Canned and dried beans, chickpeas, lentils, nuts, seeds, nut butters
- Flour, oil, butter or margarine, coffee, tea, hot chocolate, jam/honey, sugar, granola bars, cookies, bouillon cubes, spices, condiments
- Infant formula (if applicable)
- Meal replacements (if taken for specific medical conditions)
- Pet food and supplies

Medications

- Pain and fever medicine (Ibuprofen and acetaminophen)
- If possible, fill your prescriptions for an extra month
- Vitamin and mineral supplements (if applicable)

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Sanitary/hygiene supplies

- Hand soap, alcohol-based hand sanitizer, disinfectant wipes, bleach
- Toilet paper, diapers, female hygiene products, tissues, wipes, toothpaste
- Laundry detergent, dish soap, garbage bags, nitrate/latex gloves
- Surgical masks (facemask) for those who are infected or taking care of the ill
- Floor cleaner, mop and bucket, toilet cleaner



Should I wear a mask?

Wearing a cloth mask helps to trap COVID-19 if you are sick and protects people who are around you. Since some people who are infected with COVID-19 may have the virus and not know it, whenever people are going out and might come into close contact with other people they should wear a mask. When other people wear a mask they are helping to protect you as well.

Plan, Prepare, Be Aware.