

CHECKLIST FOR INDIVIDUALS GOING TO ISOLATION SITE:

IDENTIFICATION / PAPERWORK-

- Photo ID
- Insurance and/or Medicare cards
- Prescribed Medications and over-the-counter medications that you are currently taking
- A copy of advance health care directives, such as durable power of attorney (sometimes known as medical power of attorney) for health care and living will
- A personal health record that includes information such as allergies, health conditions, immunization record and reports of recent tests or physical exams
- A list of telephone numbers of family and friends to be contacted as needed
- To avoid misplacing any of the important paperwork and information—keep it all together in one folder.

CLOTHING/FOOTWEAR -

- Comfortable Clothing (include sleepwear) – ENOUGH FOR 14 DAYS
- Shoes/Sneakers/Slippers

HYGIENE/TOILETRIES-

- Toothbrush, toothpaste, dental floss
- Deodorant
- Soap, shampoo, conditioner
- Feminine hygiene
- Makeup, makeup remover
- Shaving supplies
- Skin products
- Brush, comb, hair products
- Nail supplies/tweezers
- Glasses, contact lenses, supplies
- Containers for contacts/dentures

OTHER

- Cellular phone + charger
- Laptop/iPad/E-Reader + charger(s)
- Books/Magazines/Cards
- Pen/Paper
- Snacks/Drinks