

PREPARING FOR QUARANTINE

If you are asked to isolate or quarantine, you will not have time or the ability to get supplies. Consider purchasing the following to have on hand.

Recommended supplies to have on hand in the event of illness:

- Disposable tissues
- Hand sanitizer (at least 60% alcohol) or soap and water
- Fluids such as tea, water, packets of Gatorade, packets of ramen noodles or chicken soup, and juice
- A disposable or digital thermometer
- Salt (for saltwater gargling for sore throat)
- Honey (for sore throat and coughs)
- Acetaminophen (Tylenol) for fever and aches (follow dosing guidelines carefully to avoid excessive amounts)
- Pseudoephedrine for nasal congestion (Sudafed — the kind you buy at the pharmacy counter, **not** Sudafed PE)
- Food sufficient for two weeks if living off campus (those on campus will have meals provided by Dining Services)
- Supplies needed for your school work (organized in case you must leave with little notice)
- **A two week supply of any chronic medications**

If you are required to quarantine, Housing Services will provide a bag of supplies that will include the following:

- Two bottles of water
- A toothbrush and toothpaste
- Deodorant
- Shampoo
- Mask
- Cleaning wipes to clean surfaces in your room
- Thermometer and a few doses of medication
- Garbage bag to contain dirty laundry

You may want to consider having ready other personal care items such as razors, nail care items and hygiene products.

Groceries and Household Supplies (for students living off campus and/or not on meal plan)

Eating a balanced diet remains important while under quarantine. Aim to eat three meals a day. A general guideline is to fill 1/4 of your plate with protein, 1/4 with carbohydrates and 1/2 with fruits and vegetables.

Plan for two weeks without shopping with those ratios in mind. Portion size will vary person to person; a general guide for how much you need per day is listed below. You know what food you eat; the following are simply suggestions.

- **Protein:** Eggs, cheese, frozen meat, tofu, tempeh, beans (canned or dried), nuts and peanut butter all will keep for several weeks. (Roughly 12 oz./1.5 cups a day is a good starting point.)
- **Carbohydrates:** Pasta, rice, potatoes, oatmeal and cereal will keep for months. Microwave versions exist for those whose cooking skills are limited. Bread can be purchased and frozen to be used as needed. (Roughly 16 oz./two cups a day is a good starting point.)
- **Fruits and vegetables:** Broccoli, kale, cabbage, carrots, apples and oranges all keep for weeks in the fridge. Frozen fruits and vegetables retain their nutritional value, flavor and last longer than fresh variations. Generally a serving of fruit and vegetables is about 1/2 cup. A serving of leafy greens (like spinach and kale) is one full cup. (Roughly 16 oz./four cups a day is a good starting point.)

Also consider your supply of dishes, cooking vessels, and utensils.