Household Illness Preparedness Checklist

PRINT • CHECK • REVIEW

Emergency symptoms: seek urgent medical care; do not delay for supplies.

General household planning, not plague diagnosis or treatment.

- [ ] Save the local emergency number, usual healthcare contact and pharmacy contact.
- [ ] Write a current medication and allergy list for each person who needs one.
- [ ] Locate a working thermometer and read its instructions.
- [ ] Check existing handwashing supplies, tissues and routine cleaning supplies.
- [ ] Decide who can arrange groceries, transport, childcare or pet care if needed.
- [ ] Choose where to keep a simple symptom and contact log.
- [ ] Review official local advice and any instructions specific to an actual exposure.
- [ ] Keep medical access ahead of purchases; do not use supplies as a reason to delay care.

Emergency number: _____

Healthcare contact: _____

Pharmacy: _____

Practical helper: _____

Review date: _____

https://readyresourceful.com/news/household-illness-preparedness-checklist/

Keep personal medical details private.

MY NEXT ACTION

Task / person responsible: _____

Review date: _____ Completed date: _____