

What you should have at home In case of quarantine or emergency

- Enough food for 5 days, preferably of the kind that does not go bad or decay quickly and does not require refrigeration, preparation or water. Examples of this include: canned meat, fish, fruit and vegetables; energy bars; cereals; dried fruits; biscuits; and bottled juices.
- Water for 5 days, for drinking (about 4 litres a day per person) and for daily hygiene. N.B.: sick people, children and breastfeeding mothers may need to drink more water.
- 1 First Aid Kit that includes common medicines (such as paracetamol, anti-diarrheics and laxatives), disposable latex gloves, compresses, disinfectants, antibiotics, adhesive tape and a thermometer.
- Medicines prescribed to be taken daily for chronic or continuous conditions (high blood pressure, diabetes, rheumatism, heart conditions) or in case of emergency, such as insulin, heart medicines, asthma inhalers and others. Ideally there should be an extra month's supply of these medicines.
- Battery radio and torch (flashlight), plus spare batteries for both.
- Sanitary and cleaning articles: bleach, paper tissues, soap, alcohol-based antiseptic and protection masks.
- Special items for babies (nappies/diapers, powdered milk, wipes), for the elderly and for family members with particular problems.
- Extra pair of glasses, if worn.
- First Aid manual.
- Cash for payment of home services or other services/products.
- Personal documents of all family members (identity card, health card), kept in an accessible place known to all family members.



Fonte: www.cruzvermelha.pt