

# Pandemic (Flu) Preparation Checklist

Prepare your house with **SOME** of these basic supplies

Whether you follow updates on the present-day pandemic or not, we recommend that you prepare for the days ahead, at most 2-3 Weeks.

We put together a list of some basic things may you may need.

## Groceries

- Toothpaste
- Toilet Paper
- Paper Towel
- Wipes
- Bleach
- Disinfectant
- Body Lotion
- Bathing soap
- Dish Soap
- Detergent
- Body Lotion
- Bathing Soap
- Hand Sanitizer
- Storage Bags
- Mosquito Sprays

## Hardware

- Flashlight
- Flashlight Batteries
- Face Mask
- Hand Gloves
- Boiling Ring
- Stove/Kerosene
- Dustbin bag
- Matches
- Candle
- Board Games
- Backup Gen
- Camp Gas
- Water filter
- Rechargeable Fan

## Children

- Diapers
- Children's Medicine
- Toys
- Children's books
- Stationery
- Sweaters
- Biscuits
- Sweets
- Baby food
- Children Drinks

## Pharmacy

- Pain Killer
- Vitamin C (1000 mg)
- Cough Syrup
- Inhaler
- Vitamins/Supplements
- Bandage
- Heat Ointment
- Malaria Drugs
- Anti Acids
- Plaster

## Nigerian

- Dry Fish
- Dry Pepper
- Ground Pepper
- Zobo Leaves
- Garri
- Flours (yam, plantain, wheat)
- Egusi
- Ogbono
- Dates
- Crayfish
- Stockfish
- Chin chin
- Kuli kuli
- Plantain Chips
- Potatoe Chips
- Groundnut
- Dry Locust Beans
- Crayfish
- Shawa
- Pepper Soup Spice
- Pap Powder (Ogi)
- Kilishi
- Puffpuff Mix

## Food

- Sweet corn
- Blacked beans
- Can/Powder Soups
- Cereal/Oat
- Meat
- Vegetables
- Pasta Rice
- Beans
- Noodles
- Couscous/Quinoa
- Pancake mix
- Corn starch (thickener)
- Custard
- Tomato paste
- Pasta Sauce
- Peanut butter/Yam/Syrup
- Dry Spice
- Condiments
- Soy sauce
- Salt
- Honey
- Sugar
- Tea/Beverage/Coffee
- Nuts (groundnut, peanut)
- Granola
- Protein Bar
- Vinegar (keep food fresh)
- Cooking Oil
- Electrolyte (immune booster)
- Bottle Water
- Vodka (for stress, disinfectant)
- Pop Corn
- Coconut
- Cracker

Please note that preparing ahead is not the same as panicking. However, remember to buy only what you NEED for a few weeks. Avoid hoarding and denying other homes of supplies