

# HOME MEDICAL SUPPLY CHECKLIST

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Always call 911 during a life-threatening emergency. For non-urgent matters, call your primary care physician. Use the list below as a starting point to build a stash of home medical supplies. Your situation may require specific items which you can add at the end of this document.

**In addition to a standard first aid kit, have the following items on hand:**

\_\_\_\_\_ **Thermometer, and backup thermometer.**

For infants and children ask your doctor to recommend the best type.

\_\_\_\_\_ **Blood pressure monitor, and backup monitor.**

Get a standard one that cuffs around your arm, and a backup such as a smartphone app.

\_\_\_\_\_ **Pulse Oximeter, at least one device.**

A pulse oximeter is a simple little device that measures your pulse as well as the amount of oxygen in your blood. Low oxygen levels or high/low pulse rates can indicate a medical emergency. Pulse can also be read the old-fashioned way--with just your fingers, and that might be a handy skill to learn for when no equipment or phone is available.

*\* Make sure all household members read the instructions for all devices and know how to use thermometers, blood pressure monitors and pulse oximeters before they are needed. No device should take the place of your doctor's advice; contact your doctor with updates, concerns or questions.*

\_\_\_\_\_ **Backup batteries for any medical equipment that requires them.**

\_\_\_\_\_ **Directions for all devices in easily accessible location.**

\_\_\_\_\_ **Journal or notebook for recording symptoms and vital signs.**

When someone is sick at home, record their temperature, blood pressure, pulse and oxygen levels during a given timeframe. Doctors may ask you for detailed information about when symptoms started or a history of vital signs. Having a journal is a handy way to remember.

\_\_\_\_\_ **All prescriptions filled to the allowable max.**

For example, consider asking your doctor for a 90-day supply instead of a 30-day supply, whatever is legally allowed. Stocking up on prescriptions ahead of time reduces unnecessary trips to the pharmacy while you or a household member is sick or contagious. Some prescriptions can also be mailed to you, or you can use a pharmacy drive-thru. Keep prescriptions in a safe location, inaccessible to children.

\_\_\_\_\_ **Supply of regular medicines on hand.**

Medicines including, but not limited to: cold, flu, diarrhea, constipation, heartburn, fever reducers and pain relief medicines for adults and children.

\_\_\_\_\_ **Alcohol Wipes.**

Keep thermometers and other household items clean, including some electronics. Read the manufacturer's instructions for how to properly sanitize keyboards, remotes, phones, etc.

\_\_\_\_\_ **Masks and face/eye guards.** (Visit [cdc.com](https://www.cdc.com) to learn more.)

\_\_\_\_\_ **Hand sanitizer.**

\_\_\_\_\_ **Gloves.**

Wear gloves when handling or cleaning up bodily fluids (blood, urine, saliva, vomit, nasal discharge and waste products), used tissues, dirty laundry including towels and bedding, and first aid related items like used bandages. Throw used gloves into a lined trash can. Never re-use dirty gloves and do not substitute gloves for hand washing.

\_\_\_\_\_ **Garbage bags/trash can liners.**

Have extra garbage bags and/or trash can liners on hand for safely removing potentially contaminated items. Remove contaminated materials as soon as possible from house.

\_\_\_\_\_ **Anti-bacterial wipes/sprays, and a supply of regular household cleaners.**

Read all instructions carefully. Keep all cleaners locked up and away from small children.

\_\_\_\_\_ **Extra paper towels for cleaning jobs.**

\_\_\_\_\_ **Hand soap.**

\_\_\_\_\_ **Tissues.**

\_\_\_\_\_ **Scale for checking your weight.**

Keep track of any sudden weight gains or losses. Report anything unusual to your doctor.

\_\_\_\_\_ **14 day to one-month backup food & beverage supply.**

Include non-perishables (canned foods, pastas, cereals, crackers, bottled juices including Gatorade, shelf stable milk, baby foods), vitamins, bottled water, frozen fruits and vegetables, and other favorite foods.

\_\_\_\_\_ **Standard first aid kit.**

## **Documents and Important Info to Have On Hand**

### **Doctors, emergency, and key family phone numbers.**

Program all numbers into your phone. Create and print a list of key phone numbers and post the list in your house. Put a copy in your car. Include work phone numbers of all household members. Do not rely on your cell phone as the only place to keep vital phone numbers. Cell phones get lost, batteries die---not to mention, no one memorizes phone numbers anymore!

### **Health insurance information, list of prescriptions and medical conditions.**

Keep this information in a private but accessible place at home. Put a copy in your car and program the info into your phone. Make sure your primary care physician has current information. Every member of your household should have this information or know where to find it. If key members of your life (such as your health care proxy) do not live in your household, send them this information.

### **Health care proxy documents.**

File at your primary care doctor's office, and in a safe but accessible location at home. Give copies to your chosen health care agent(s) and key family members.

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**Below you can list the medications and equipment you need, specific to your household situation and personal medical conditions:**

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