

COVID-19 Pandemic Preparedness Checklist

It is extremely important that you gather the following information and have it readily available if you should become ill from COVID-19. You should also make sure your family members and all caregivers know where this information is kept in the event you require going to the hospital for health issues related to COVID-19. Keep it in a safe and easily accessible location.

BRING ALL OF THIS INFORMATION AND EQUIPMENT WITH YOU TO THE HOSPITAL

1 CONTACT INFORMATION for your Key Healthcare Team Members:

Primary Care Physician _____

Hospital/Affiliation _____ Phone _____

Pulmonologist _____

Hospital/Affiliation _____ Phone _____

Cardiologist _____

Hospital/Affiliation _____ Phone _____

Neurologist _____

Hospital/Affiliation _____ Phone _____

Other _____

Hospital/Affiliation _____ Phone _____

Emergency Contact Person _____

Relationship _____ Phone _____

- 2 Your health **INSURANCE CARD(s)** and **PHOTO ID**
- 3 A copy of your **ADVANCE DIRECTIVE** or **LIVING WILL** (if you have one)
- 4 A copy of your **DURABLE POWER OF ATTORNEY FOR HEALTHCARE** (if you have one)
- 5 A list of your **HEALTH CONDITIONS** and any pertinent reports (pulmonary function, cardiac function, etc.)
- 6 A list of all your **MEDICATIONS** that includes: name of medication, prescriber, dosage, and frequency
- 7 A list of all your **OVER-THE-COUNTER MEDICATIONS**, including vitamins and supplements
- 8 A list of your **ALLERGIES** (especially any medication allergies)
- 9 All **SPECIALIZED EQUIPMENT** such as, but not limited to: Non-Invasive Ventilation (NIV), Ventilator, Bi-PAP, AVAP, VPAP, Nebulizer, etc.