

Pandemic Preparedness Kit

The following kit contains a basic set of supplies for pandemic preparedness measures. In general, the main tasks you should do during a pandemic scenario, like the Wuhan Coronavirus (2020), is to have strict hygiene measures by disinfecting everything that you come in contact with, in addition to boosting your body's immune system. This kit can easily be replicated for all of the members of your family as a first line of defense before more extreme measures are needed to be taken.



#	ITEM	PRODUCT	PRICE	COMMENTS
1	Biohazard Bags	Biohazard Specimen Bags Ziploc 8x10 25/pkg	\$7	Recloseable biohazard specimen bag keeps potentially biohazard material safe for transport. Biohazard lab bag has the universal biohazard emblem printed in bright orange on the bag and has frozen, refrigerate and room temperature options printed on the bag. Biohazard bag measures 7 7/8" x 10 and has a recloseable ziplock. 25 biohazard lab bags per package.
2	Biohazard Labels	4-inch DOT Stickers - Neon Orange Biohazard	\$5 (3-pack)	This is a 3-pack of cool 4 x 4" square "Biohazard" style stickers as approved by the US Department of Transportation for use on tractor trailers and other vehicles hauling hazardous loads.

3	Cleaning Wipes	<u>Clorox Disinfecting Bleach Free Cleaning Wipes, Fresh Scent & Lemon Fresh, 225Count</u>	\$5 (each)	Clorox Disinfecting Wipes in a convenient easy to pull dispensing pack make cleaning easy. These scented wipes in a flexible pack allow you to easily dispense, clean and disinfect while storing, stacking or taking on the go is a breeze. Clean up spills or messes with these disinfecting Wipes that power through grease, soap scum and grime plus kill 99.9 of germs that can live on surfaces for up to 48 hours. Each cleaning Wipe can effectively kill 99.9% of common bacteria, including Staph, Salmonella, Strep, MRSA, E. Coli and the cold and flu viruses, human Coronavirus and Influenza A2 Virus, in as little as 30 seconds.
4	Colloidal Silver	<u>Sovereign Silver Bio-Active Silver Hydrosol - 4 Fl Oz</u>	\$19	Silver, which occurs naturally in mushrooms, whole grains, water and mammalian milk has been used for centuries to safeguard human health. For over 125 years, colloidal silver has been used in countless applications. Bio-Active Silver Hydrosol has represents the ultimate refinement of colloidal silver. Due to its extraordinary finesse and energy, Sovereign Silver may be your most effective tool to maintain, sustain and support your immune system in an ever challenging and changing environment.
5	Disinfectant Spray	<u>Lysol Disinfectant Spray</u>	\$3	Kills 99.9 percentage of viruses and bacteria. Kills over 100 illness causing germs, including cold and flu viruses. Kills 99.9 percentage of odor causing bacteria.
6	Face Wipes	<u>Neutrogena Makeup Remover Cleansing Towelettes</u>	\$4	Wipes are disposable and thoroughly cleanse skin without irritation and leave behind no heavy residue, so there's no need to rinse. Facial cleansing wipes feature an alcohol-free formula to cleanse while also being gentle on the face, and are ophthalmologist-, dermatologist-, and allergy-tested
7	Glove Pouch	<u>Rothco Enhanced Molded Latex Glove Pouch, Black</u>	\$8	During a pandemic, I recommend adding this type of glove pouch to your normal EDC in order to carry multiple pairs of nitrile gloves on your person.
8	Lysol Wipes	<u>Lysol Handi-Pack Disinfecting Wipes, 80 count</u>	\$3 (each)	Lysol Disinfecting Wipes can be used as a convenient way to clean and disinfect your household surfaces. Each pre-moistened disposable wipe kills germs wherever you use it. No bottles, no sponges, no mess. Kills Salmonella Enterica (Salmonella), Influenza A Virus Herpes Simplex Virus Type 1 and Respiratory Syncytial Virus on hard, non porous surfaces in 10 minutes. Kills 99.9% of Viruses and Bacteria.

9	N95 Masks	<u>3M Aura Particulate Disposable Respirator 9211+ with Cool Flow Valve, N95, Smoke, Grinding, Sanding, Sawing, Sweeping, Woodworking, Dust, 10/Pack</u>	N/A	N95 masks can be used to help reduce inhalation of certain airborne biological particles like mold, Bacillus anthracis, and Mycobacterium tuberculosis. Example applications include emergency or pandemic preparedness planning, stockpiling, and smoke particles filtering. Respirators help protect against certain airborne contaminants.
10	Nitrile Gloves	<u>GLOVEWORKS Industrial Black Nitrile Gloves - 5 mil, Latex Free, Powder Free, Textured, Disposable, XLarge, BINPF48100-BX, Box of 100</u>	\$10	Nitrile gloves protect against most chemicals and infectious agents.
11	Olive Leaf	<u>Nature's Answer Oleopein Olive Leaf. Super Concentrated 1,500mg</u>	\$11	Long used in traditional medicine, olive leaf extract comes from the leaves of the olive tree (Olea europaea) and has a variety of health benefits. Research shows oleuropein, the main component in olive leaf extract, has antioxidant, antibacterial, antimicrobial, anti-inflammatory, and immune-stimulating properties.
12	Spray Bottle	<u>Empty Amber Glass Spray Bottles with Labels - 16oz Refillable Container</u>	\$6	UV PROTECTION - protects against degradation from ultraviolet light and keeps your essential oils safe plus the glass is not affected by strong oils like citrus. BPA and LEAD FREE.
13	Storage Container	<u>Sterilite 19849806 18 Quart/17 Liter Ultra Latch Box, Clear with a White Lid and Black Latches</u>	\$6	Used as storage for the Pandemic Preparedness Kit. I wrap my kit in <u>reflective tape</u> to help aid in its visibility during an actual emergency situation.
14	Swimming Goggles	<u>Legend Swimming Goggles - No Leaking Anti Fog UV Protection Crystal Clear Vision</u>	\$10	Used in conjunction with the N95 Respirator Masks for Pandemic Contamination Protection
15	Vitamin C	<u>Terrasoul Superfoods Camu Camu Powder (Organic), 3.5 Ounce</u>	\$9	Camu camu is rich in vitamin C, a vitamin that acts as a powerful antioxidant in your body and is vital for the health of your skin and immune system. Camu camu contains a combination of antioxidants that combat reactive molecules called free radicals. Camu camu may have antibacterial properties and could help reduce blood pressure, weight, and blood sugar levels.

16	Vitamin C	<u>NOW Supplements, Vitamin C-1,000 with Rose Hips, Sustained Release, Antioxidant Protection*, 250 Tablets</u>	\$15 <p>NOW Vitamin C-1000 was specially formulated to provide a sustained release of vitamin C and includes rose hips as an added source of vitamin C. Vitamin C is a water soluble nutrient well known for its vital role in the immune system. Vitamin C is also necessary for the production of collagen (a structural protein in connective tissue) and is therefore important for skin, bone, and joint health. It is also a highly effective antioxidant that can protect the body's cells and molecules from damage by free radicals and reactive oxygen molecules generated during normal metabolism and exposure to environmental stressors.</p>
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