Pandemic Planning

Name: DOB:   
Address: Phone number:   
Preferred contact method:

Health concerns (physical and mental):

Emergency Contact & Phone Number:

Do you have prescriptions? Y / N Can you get them filled in mass quantities? What is the plan to support you in gathering your medications?

What will you do if you become sick and need care? (Will you stay in your own home? Will you go to your families or close families to receive support?)

What additional supports will you need if you are required to self-isolate? (ie, will you need daily check-ins via phone?)

What food items do you hope to acquire if you are expected to stay at home?

Do you have pets? Y / N Can you get some food for them?

Any additional notes:

Conversation Checklist

□ 14-day food supply

* Accessing your local food banks
* Considering allocating more money than usual towards non-perishable food items

□ Hand washing and sanitizing

* COVID19 is spread through being close to those who are infected, and touching items that are contaminated with the virus
* Measures to prevent contracting COVID19 are frequent handwashing with soap and water for at least 20 seconds. In between handwashing, using an alcohol-based hand sanitizer

□ Safe substance use

* Prepare for shortages and keep a back up supply of naloxone
* Reduce sharing of all equipment used to snort, inject or smoke drugs. If you need to share, use an alcohol pad to wipe off mouth pieces
* Wash hands regularly, use alcohol wipes and disinfect when possible
* Prepare your drugs yourself

□ Navigating the current health care system

* Avoid using emergency services as much as possible
* Most COVID19 cases go away with no medical intervention
* Call Telehealth or local Health Units to receive medication advice
* If your health care concerns are not related to COVID19, call your NP or GP to inquire about a phone conversation or being referred to an online medical practioner