

COVID-19 PACKING LIST What to bring if you need to go to the hospital

Most people that contract COVID-19 will not need to go to the hospital. In the event that your doctor advises that you go, it is best to be prepared and have given thought to what you will bring. Be sure to label **everything!**

MUST-HAVE ITEMS:

- Phone and charger
- Contact information for all doctors and loved ones
- Copy of your health care proxy form (*if you have it*)
- Current list of medications (*including suppliments and over-the-counter medications. Dosage and frequency*)
- Notebook and pen (*to write down questions for the doctor and to take notes*)

Consider these important items that pose risk of loss or theft

- Glasses, hearing aids and batteries (*have a labeled eye glass case and and a labeled container for hearing aids. Ensure their location daily*)
- Laptops or ipads

For comfort

- Your own pillow, *maybe a u-shaped pillow*
- Toiletries: hairbrush, toothbrush, toothpaste, shampoo, soap, lip balm, lotion
- Warm pajamas and slippers or flip-flops, *it can be cool in the hospital*
- Socks and underwear
- Earplugs/earphones/earbuds
- Books, magazines or kindle, bible or other religious text
- Comfortable clothes to wear home from the hospital

Upon discharge make sure you have a copy of the discharge summary and follow up with your primary care doctor.