



CANADIAN AVIATION COLLEGE

Unit 72, 18300 Ford Road, Pitt Meadows, BC, Canada V3Y 0C6

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COVID-19 EMERGENCY KITS

- Mask
- Medical supplies
 - Medications (record of medical conditions)
 - pain relief
 - anti-nausea
 - fever medication
 - sanitizers
- Emergency contacts – how to contact family (local and international)
- Water and other fluids – 2 week supply
- Food –
 - non-perishable snacks (granola bars, crackers, cereal, nuts, popcorn, coffee, tea, etc)
 - meal supplies – staples (pasta, rice, canned or frozen meat, peanut butter, canned or frozen vegetables and fruit, microwave meals, etc)
 - Fresh staples – potatoes, onions, carrots, fruit and vegetables
- Sanitation supplies
 - Paper products (towels, toilet paper, tissues)
 - Soap, shampoo, and toiletries
 - cleaning products
 - Hand sanitizer
 - Garbage bags
 - Change of linens and bedsheets
- Clothing – warm sweaters and seasonal appropriate clothes, including undergarments, etc
- Communication & Miscellaneous
 - cell phone, tablet, computer, and chargers
 - writing paper
 - flashlight & batteries
 - family photos
 - hobby supplies (knitting, building kits, puzzles, books, etc)
- Documents – passport, student visa, driver's license, etc
- Other?? _____