PREPPER'S PARADIGM

Pandemic Preparedness Checklist

A printable household planning guide for food, medicine, hygiene, isolation, and communication during an outbreak.

Household / Family:	_____
Date Reviewed:	_____
Main Contact Number:	_____

Use this checklist to review your household readiness before the next outbreak. Check items you already have, note gaps, and update the list as your plan improves.

Brand style: Prepper's Paradigm orange and charcoal, with a practical prepper layout designed for saving and printing.

Medical and Health

Start with the medical needs already inside your home. Focus first on prescriptions, records, symptom monitoring, and supplies for mild illness.

- [ ] Current prescription plan in place
- [ ] Printed medication list for each family member
- [ ] Doctor, clinic, and pharmacy contact details
- [ ] Thermometer stored and easy to find
- [ ] Fever reducers on hand
- [ ] Oral rehydration supplies or electrolyte powders
- [ ] Cough drops, saline spray, and tissues
- [ ] Basic first aid supplies checked and restocked
- [ ] Household medical folder updated
- [ ] Important medical devices, chargers, or batteries ready

Household notes

Hygiene and Sanitation

Good hygiene routines reduce spread inside the home and keep daily life manageable during isolation or quarantine.

- [ ] Extra hand soap stored
- [ ] Hand sanitizer for home, bags, and vehicle
- [ ] Laundry detergent and dish soap stocked
- [ ] Disinfectant and bathroom cleaner stored safely
- [ ] Trash bags and paper towels on hand
- [ ] Reusable cleaning cloths and scrub tools ready
- [ ] Disposable gloves and heavy-duty cleaning gloves available
- [ ] Toilet paper and hygiene products stocked
- [ ] Pet waste supplies or diapers if needed

Household notes

Masks and Protective Supplies

Protective supplies work best when they fit your plan and your household knows when to use them.

- [ ] N95-style respirators stored in a clean, dry place
- [ ] Surgical masks available for household use
- [ ] Basic safety glasses or eye protection ready
- [ ] Disposable gloves for sick-room care or cleaning
- [ ] Clean storage bags or bins for PPE supplies
- [ ] Mask fit and comfort checked for the adults in the household
- [ ] Spare hand sanitizer packed for travel or errands

Household notes

Food and Water

A pandemic pantry should reduce urgent shopping and support easy meals when people feel worn down.

- [ ] Shelf-stable meals stored for reduced store trips
- [ ] Staples such as rice, pasta, oats, or flour stocked
- [ ] Protein foods such as canned meat, beans, or nut butters stored
- [ ] Canned vegetables, fruit, soup, and broth on hand
- [ ] Easy sick-day foods available
- [ ] Comfort foods and snacks included
- [ ] Baby food, formula, or special diet items stored if needed
- [ ] Pet food stored
- [ ] Stored drinking water available
- [ ] Water treatment method ready if needed
- [ ] Can opener and backup cooking method checked

Household notes

Isolation and Care

A simple isolation setup reduces confusion when someone in the home gets sick.

- [ ] Sick-room area chosen
- [ ] Bathroom cleaning routine planned
- [ ] Separate towels available
- [ ] Laundry plan for contaminated items set
- [ ] Caregiver plan decided
- [ ] Masks, gloves, and thermometer near the sick-room area
- [ ] Trash bags, tissues, sanitizer, and disinfectant stored nearby
- [ ] Phone charger and water bottle available for the sick person
- [ ] Notebook ready for symptoms and medicine times

Household notes

Communication and Information

Reliable communication helps your household stay calm and avoid decisions based on rumors or pressure.

- [ ] Printed family contact list updated
- [ ] Doctor, pharmacy, school, and workplace numbers written down
- [ ] Backup phone chargers and power banks ready
- [ ] Battery-powered or hand-crank radio available
- [ ] Spare batteries stored
- [ ] Simple family check-in plan decided
- [ ] Trusted local information sources identified
- [ ] Out-of-area contact chosen

Household notes

Extra Planning Notes

Use this page for prescriptions to refill, supplies to replace, special medical needs, household rules during an outbreak, or any changes to your pandemic plan.

Household notes

Prepper's Paradigm | preppersparadigm.com