

YOUR COVID GO-BAG

The three C's you must have if you land in the hospital



ARE YOU PREPARED?

Imagine this: You've been suffering from COVID-19 and are rushed to the hospital by ambulance. You wake up in the ICU and the nurse offers to call your spouse or loved one, but under heavy sedation you can't remember the code to get into your phone.

Instead of calling home, you lay in the hospital room alone and afraid, and your family spends much of the night wondering where exactly you are and worrying about whether or not you're okay.

This is what happened to the wife of our colleague last month, at the beginning of a several week stay. She is

not in a high risk category, and had no reason to believe she'd be the one to land in the hospital.

Because your family and friends are not allowed to visit, there are a number of things you should have prepared to ensure connection, comfort, and covering your back if you need to be rushed to the hospital.

The key is to pack this bag before you need it. Once you're struggling to breathe, you and your family will have a hard time throwing it together.

Here are the items we suggest putting in your overnight bag now, in case hospitalization becomes necessary:

Covering your back:



Copies of legal documents, including your financial power of Attorney, Healthcare Power of Attorney, Living Will, and Universal HIPAA Release.



A list of your medications, doctor, and insurance information. Docubank card if you have one.

Comfort:



Photos of family or anything else that might comfort you while you're alone in the hospital (imagine if the worst were to happen).



Small personal items, Bible or other spiritual/religious texts, books, magazines, Sudoku or whatever small thing makes you happy.



Non-perishable snacks (our colleague's wife kept talking about the horrible hospital food which she struggled to eat).



Eyeglasses, cleaner, hearing aids, etc.



Headphones, ear plugs, and eye mask.



Night gown, night shirt, robe, non-slip socks, cardigan, and underwear.



Lip balm, lotion, deodorant, toothbrush, toothpaste, comb, and brush.



Pillow and a blanket.

Connection:



Cellphone (smartphone if possible, with unlock code taped on it), phone charger, and extension cord.



A list of phone numbers for family and close friends, and codes which may be necessary for someone to use on your behalf – like the code to open your phone.



Paper and pens.



Notecards and/or small gifts to show your appreciation for the team of medical professionals who are helping you through this trying time.

Now, go pack your bag and let's hope this is a trip you'll never need to take.

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