



LUPUS FOUNDATION OF JAMAICA

LFJ COVID19 READINESS CHECKLIST

Things to have at home

- Cleaning Items (liquid soap, alcohol, bleach/peroxide)
□ Water
□ Nonperishable food items (Make a list)
□ Clean change of clothes
□ Emergency Money

Things to take when going out:

- facemask
□ small bottle of alcohol/hand sanitiser
□ tissue
□ water/snacks

Medical Information and Supplies

- Your prescribed medications (up to 3 mo available)
□ Panadol
□ List of Medical Conditions
□ List of My Medications
□ Name of My Doctor/Clinic
□ Appointment Cards/Medical Record Number
□ A recent blood test result

Important Contacts (Emergency)

- Family Member/Emergency Contact # 1 # 2
• My nearest Police Station: NAME number
• Doctor's Office/Clinic NAME number
• Pharmacy NAME number
• MOHW Covid19 Hotline 8886635683/8887547792/8765425998 /email covid19@moh.gov.jm
• Nearest Hospital NAME number
• Taxi Driver # NAME number
• Ambulance # NAME number
• Local Pastor/Church contact NAME number

Identify specific persons in your support network to help you with:

- Shopping for Groceries
• Prescription Refills
• Take you to the doctor
• Person to call when feeling stressed
• Person to help you complete your Checklist
• Other

Other Contact info

- Lupus Foundation of Jamaica Help Line 8767783892
• Other Numbers - PATH/Min Soc Sec 876-922-8000-13 (Social Security Division)
• National Insurance Scheme NIS (876) 929-7144
• CARE Program https://www.wecare.gov.jm/
• Covid19 hotline 8886635683/8887547792/8765425998 covid19@moh.gov.jm

- News/Updates: http://www.jis.gov.jm http://www.lupusfoundationjamaica.org