



Mompreneurs'

COVID-19 Parenting Survival Pack

GROCERY LIST

Ingredients*	Can Last Upto	
	Pantry	Refrigerated
Apples	5-7 days	4-6 weeks
Beets	3-5 days	2 weeks
Cabbage		1-2 months
Carrots		3-4 weeks
Celery		1-2 weeks
Garlic	3-5 months	
Lemon	1 week	3-4 weeks
Lime	1 week	3-4 weeks
Onions	2-3 months	2-3 months
Oranges	5-7 days	3-4 weeks
Parsnips		3-4 weeks
Pomegranate	1-2 weeks	1-2 months
Potatoes	1-2 weeks	3-4 Weeks 2-3 Months (stored at 7°C - 12°C)
Radish		10-14 days
Rutabagas		2-3 weeks
Sweet Potato	1-2 weeks (room temp.)	
Whole Mushrooms (Including White, Button, Portabella, Shiitake, Oyster, Enoki)		4-7 days
Winter Squash (Including Acorn, Hubbard, Butternut, and Spaghetti)	1-2 months	

FOOD

Preferably low in sodium

- | | |
|-------------------|--|
| Rice | Dried Fruits |
| Pasta | Powdered Milk |
| Oats | Canned Soup |
| Saltine Crackers | Canned Goods |
| Meat and Fish | Frozen Fruits and Vegetables |
| Beef Jerky | Canned Fruits and Vegetables |
| High Protein Bars | Fruits & Vegetables w/ long shelf-life |
| Peanut Butter | Water |
| Jelly | |

OILS, SAUCES, AND SPICES

- | | |
|-------------|--------------|
| Cooking Oil | Soy Sauce |
| Olive Oil | Pasta Sauces |
| Honey | Salt |
| Vinegar | Pepper |

HOUSEHOLD SUPPLIES

- | | |
|----------------|---------------------------------|
| Soap | Detergent |
| Shampoo | Household Disinfectants |
| Toothpaste | Cloth Face Mask |
| Alcohol | One Month worth of medicine for |
| Hand Sanitizer | family members with maintenance |
| | drugs |

*We prepared simple and healthy recipes that you can use for the ingredients above. Check out the free recipes infographic included in the survival pack.



Online Shops Where You Can

+



Buy Necessities



Groceries



*Take note, you should buy fresh produce before noon for it to be delivered fresh.

*It's good to check the small stores in your vicinity. Now, they might deliver groceries and fresh produce.

Takeaway Food



Online Pharmacies



10 Simple Recipes

You Can Make With Stuff That's Already in Your Pantry

Who knew you'd actually miss those weekly grocery runs, eh? With the covid-19 quarantine in place, a quick run to the store isn't exactly doable. So, yeah, now's not really the time to try out recipes that require exotic or special ingredients.

But don't resign yourself to alternating dinners of mac and cheese or instant ramen just yet. With a little creativity, you can whip up some pretty tasty meals using ingredients that are already in your pantry! Here are some of our suggestions:

SPAGHETTI AL LIMONE



It's literally spaghetti with lemon, but don't let its simplicity fool you. This light yet flavorful pasta dish is both delicious and satisfying. Perfect for a quick lunch.

Makes 4 servings

Ingredients

- 1/4 cup olive oil
- 1/4 cup coconut milk in a can (or heavy cream)
- 1/4 cup lemon juice
- 1 Tablespoon freshly grated lemon zest
- 1/2 cup finely grated Parmesan cheese
- 2 Tablespoons chopped fresh basil
- 1 pound spaghetti cooked
- sea salt & fresh black pepper to taste

Procedure

1. Cook pasta according to package directions. Drain pasta, reserving 1 cup of cooking water.
2. In a large skillet, heat cream, lemon juice, lemon zest and olive oil over low heat. Add the cooked pasta, Parmesan cheese, and basil.
3. Toss together and season with salt and pepper to taste. Add cooking water as needed to thin sauce and coat the pasta.
4. Serve with additional Parmesan cheese and chopped basil.

(Recipe courtesy of cookingwithcurls.com)

CANNED CORN "ELOTE"

We placed quotation marks since this recipe is an improvised take on the iconic Mexican snack. Generally, roasted corn is used, but since we're in quarantine, we'll have to make do with the canned sort. Not that this makes it any less yummy, though. Makes 4 servings

Ingredients

- 2 tablespoons unsalted butter
- 4 cups corn kernels, frozen, canned or roasted
- 1 jalapeño, seeded and diced
- 3 tablespoons mayonnaise
- 2 tablespoons crumbled cotija cheese or feta cheese
- 2 tablespoons chopped fresh cilantro leaves
- 1/2 teaspoon chili powder
- 1 clove garlic, pressed
- Juice of 1 lime

Procedure

1. Melt butter in a large skillet over medium high heat. Add corn kernels and jalapeño, and cook, stirring occasionally, until cooked through and slightly charred, about 8-10 minutes.
2. Stir in mayonnaise, cotija or feta cheese, cilantro, chili powder, garlic and lime juice.
3. Serve immediately.



(Recipe courtesy of damndelicious.net)

CANNED SALMON



Who doesn't have canned fish in their pantry? Just about any sort will do here (except anchovies or sardines, of course).

Makes 6 servings

Ingredients

- 1 package (10 oz) carrot matchsticks or about 2 cups of shredded carrots
- 3 large bell peppers, thinly sliced
- 3 oz jar capers, drained (just about any sort of pickled vegetable would also do)
- 2 cans (8 oz each) salmon
- 1/4 cup parsley, finely chopped
- 1/4 tsp salt
- Ground black pepper, to taste
- 2 tbsp mayo
- 1/4 cup plain yogurt
- 2 large avocados, diced (optional)

Procedure

1. In a large mixing bowl, add carrots, bell peppers, and capers. Mash salmon a bit with a fork inside the can and add to the salad.
2. Add parsley, salt, pepper, mayo, yogurt and gently toss to coat. Add avocado and give a few more stirs. Serve cold.

(Recipe courtesy of ifoodreal.com)

THREE-INGREDIENT MEXICAN RICE

The best part about this? You can make it in one pot, and in fifteen minutes to boot.

Makes 4 servings

Ingredients

- 1 cup uncooked rice
- 2 cups chicken broth
- 1 10-oz jar salsa or enchilada sauce

Procedure

1. In a large skillet or saucepan add the rice chicken broth and salsa or enchilada sauce. Bring to a boil over medium high heat, stir well, cover the pot, then turn down the heat to a medium.
2. Cook for about 10 to 15 minutes, or until the rice is cooked, stirring occasionally.
3. Season with salt and pepper.
4. Top with chopped tomatoes, green onions, and cilantro, if desired.



(Recipe courtesy of jocooks.com)

CLASSIC TUNA MELT



(Recipe courtesy of therecipecritic.com)

Think grilled cheese, but with steroids, er, tuna and tomatoes, rather.

Makes 8 servings

Ingredients

- 4 cans tuna fish (4 oz. each), drained
- 1/4 cup mayonnaise
- 1/4 cup celery, finely chopped
- 1/4 cup red onion, finely chopped
- 1 Tablespoon dijon mustard
- 2 Tablespoons parsley, chopped
- salt and pepper
- 8 slices bread
- 16 slices cheddar cheese
- 1 tomato, sliced
- 1/4 cup butter, softened

Procedure

- In a medium sized bowl combine the tuna, mayonnaise, celery, red onion, dijon mustard, parsley, salt and pepper. Butter each slice of bread. Putting the butter side down add the cheese on the unbuttered side. Add the tuna mixture on top. Top with tomato and additional cheese. Preheat a skillet to medium heat. Add the sandwich on the skillet and heat for about 2-3 minutes until cheese starts to

CROCK-POT CHICKEN TERIYAKI

Five ingredients. One crockpot. How easy is that?

Makes 6 servings

Ingredients

- 1 tbsp olive oil
- 3 chicken breasts
- 1/3 cup low-sodium soy sauce
- 1/2 cup hoisin sauce
- 4 cloves garlic, minced

Procedure

- Add olive oil, chicken, soy sauce, hoisin sauce, and garlic to Crock Pot in that order, then cook on low for 8 hours. When chicken is done cooking, shred or dice into bite-sized pieces. Serve with rice and broccoli.



(Recipe courtesy of <https://thegirlonbloor.com/>)

EASY-PEASY PEANUT NOODLES



(Recipe courtesy of cookingforkeeps.com)

Feel free to add proteins like shrimp, chicken, or even tofu. This dish also holds up well in the fridge, so you can snack on the leftovers the next day.

Makes 4 servings

Ingredients

1 tbsp. sesame oil, divided
16 oz. bag coleslaw mix (cabbage, carrots, red cabbage)
1/4 tsp. kosher salt
3/4 lb. thick spaghetti
1/3 cup hoisin sauce
1/4 cup creamy peanut butter
1/4 cup + 1/8 cup water

Procedure

1. Bring a large pot of water to a rolling boil. Season liberally with salt.
2. Heat a large skillet to a medium heat. Add two teaspoons of oil. 3. Once the oil is hot, add the coleslaw mix and 1/4 tsp salt. Cook until soft, about 5-7 minutes.
3. While the veggies cook, add pasta to water. Cook until al dente. Reserve cooking liquid.
4. While the pasta cooks, add hoisin, peanut butter, water and remaining sesame oil to a medium bowl. Whisk to combine.
5. Once the noodles are cooked, use tongs to transfer them to the veggies. Add sauce and toss to combine. If necessary, add a little bit of pasta water to loosen the sauce up. Season to taste with salt and pepper. Serve hot, room temperature or cold.

MICROWAVEABLE FUDGE

What's life without dessert? Here's something that requires very little effort yet is guaranteed to satisfy your sweet tooth.

Makes 16 squares

Ingredients

2 cups chocolate chips
1 can sweetened condensed milk
1 teaspoon vanilla extract

Procedure

1. Place all ingredients in a microwave safe bowl.
2. Microwave on medium-high for two minutes, or until the chocolate chips are all melted.
3. Line a 4x4-inch baking dish with parchment paper. Pour mixture in and chill until it sets. Slice into squares prior to serving.



(Recipe courtesy of collegenutritionist.com)

FRENCH TOAST IN A MUG



(Recipe courtesy of jellytoastblog.com)

Don't know what to make for breakfast? This microwaveable version of French toast is a pleasant change from a bowl of cereal, and is only a little more challenging to make.

Makes 4 servings

Ingredients

1/3 cup whole milk
2 large eggs
1 teaspoon vanilla extract
1/2 teaspoon cinnamon
1 tablespoon butter, softened
4 slices sandwich bread, cubed (stale bread works best here)
1 Tablespoon of your preferred toppings per mug (mini chocolate chips, dried tart cherries, raisins, chopped pecans)
powdered sugar and maple syrup for serving

Procedure

1. In a large glass measuring cup (or spouted batter bowl) whisk together milk, eggs, vanilla extract and cinnamon. Set aside.
2. Lightly grease the inside of 4 microwave safe 8-ounce mugs with softened butter. Divide half of the bread between the mugs. Top bread with half of the toppings. Repeat the layering with remaining bread and toppings.
3. Gently pour milk mixture over the top of each mug, dividing evenly between the cups.
4. Microwave each mug on high for about 1 minute and 15 seconds or until milk mixture is set. Watch carefully because the French toast will puff in the microwave.
5. Serve warm with powdered sugar and maple syrup. Enjoy!

SLOW-COOKER PULLED PORK SANDWICHES

Just three ingredients (apart from the hamburger buns) in a slow-cooker and you're all set!

Makes 4 servings

Ingredients

1(2 lb) pork tenderloin (pork shoulder or butt can also be used)
1 can (12 oz) root beer
1 bottle (18 oz) barbecue sauce
8 hamburger buns

Procedure

1. Place the pork tenderloin in a slow cooker and pour the can of root beer over the meat. Cover and cook on low for 6 hours or until pork shreds easily with a fork.
2. Remove cooked pork to cutting board, and drain and discard the root beer. Shred pork and return it to the slow cooker. Pour the barbecue sauce over the pork and stir to combine. Serve immediately or keep warm in slow cooker until ready to serve. Serve on hamburger buns.



(Recipe courtesy of tablespoon.com)

Happy Cooking!



BUILDING YOUR FIRST-AID KIT

If you haven't already, building your first-aid kit can remedy some minor accidents or give emergency treatment for serious injuries. Here are items for a family of 4.

BASIC

- Tweezers
- Flashlight or glow sticks
- Scissors
- 5 antibiotic ointment packets (approximately 1 gram)
- 5 antiseptic wipe packets
- 2 packets of aspirin (81 mg each)
- 2 hydrocortisone ointment packets (approximately 1 gram each)
- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (assorted sizes)
- 1 adhesive clothe tape (10 yards x 1 inch)
- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads (3 x 3 inches)
- 5 sterile gauze pads (4 x 4 inches)
- Oral thermometer (non-mercury/non-glass)
- 2 triangular bandages
- 1 blanket (space blanket)
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- 2 pair of large, non-latex gloves

MEDICATIONS

- 1 Aloe vera gel
- 1 Calamine lotion
- 3 Oral rehydration
- 20 Ibuprofen
- 15 Acetaminophen (Tylenol)
- 15 Aspirin
- 10 Antihistamine
- 10 Imodium/Loperamide
- 20 Bismuth tabs
- 10 Cranberry extract
- 10 Nasal Decongestant
- 10 Throat lozenges
- 10 Dramamine
- 15 Laxative





HERE'S A PRINTABLE OUTLINE TO HELP YOUR KIDS MAKE THEIR OWN DAILY SCHEDULE



Because you've got enough on your hands, yes? No, seriously. Between juggling remote working (especially if you're new to it), figuring out how to replenish dwindling supplies, and worrying about how your elderly parents are doing, coordinating your kids' everyday schedules isn't exactly at the top of your list, and that's okay.

So, to help you out, we've created a template you can print out and give your kids so that THEY can come up with their own schedules. Since children rarely follow a strict hourly schedule, our template simply divides the day into morning, afternoon, and evening. It also divides tasks according to categories, whether they're for the body (health and hygiene), for the mind (homeschooling and studying), for the family (helping out around the house), and for fun (but of course!).

Kids aged 5 and up ought to have no trouble filling up the following template. To start, though, here are some examples of tasks they can put in:

FOR THE BODY (health and hygiene)



Eat a healthy breakfast, lunch, or dinner;



Jog in the backyard;



Take a shower

FOR THE MIND (homeschooling and studying)



Work on math exercises;



Read a book;



Practice playing a musical instrument

FOR THE FAMILY (helping around the house)



Help mum put away the clean laundry;



Tidy up my toys;



Wash dishes

FOR FUN (extra points if it doesn't involve a tablet or screen)





WHAT WILL MY DAY LOOK LIKE TODAY?



FOR THE BODY

FOR THE MIND

FOR THE FAMILY

FOR FUN



EMERGENCY HOMESCHOOLING KIT

Whatever your opinion on homeschooling is, you can't deny that CoViD-19's made it a necessity. With all the schools closed and everyone obliged to stay at home, what else can you do? Your kids do still need to keep learning, after all.

Daunting? Perhaps. There's a lot more to teaching kids than meets the eye, and you may have to adjust your expectations (and your patience).

The good news is that homeschooling your kids is very much doable, even if you don't have a degree in education. Here's how you can get started.

How Much Time Should You Set Aside Each Day? How Should You Break Down The Daily Schedule?

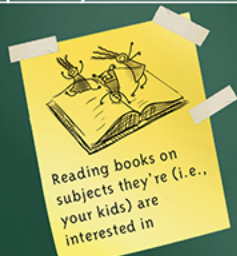
2

Surprise, surprise. Two (2) hours a day is a good start for most kids. If yours are in first grade or lower, they might need even less.

HOURS

Those two hours can be dedicated to concentrated academics, such as Math and English (more on this down the line). Outside that, make room for other subjects they can tackle via natural learning.

Examples of Natural Learning



Still within your house

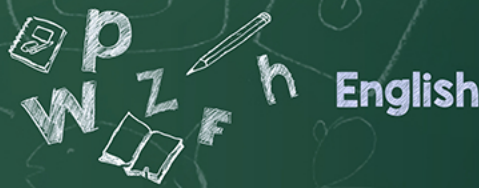
Which Subjects Should Homeschooling Focus On?

Primary school kids typically have Math and English taking up the majority of their curriculum, so you may want to focus on these subjects. The same goes for high school students.

If your kids already have workbooks from school, you can have them review and answer activity sheets from those and simply go over them afterwards to check. Otherwise, check out the following resources:



Math Resources for Emergency Homeschooling



English Resources for Emergency Homeschooling

MEP Math

(<https://www.cimt.org.uk/projects/mep/index.htm>)

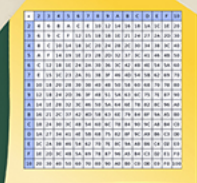
This is a free British math program that many homeschoolers use. Their website has Math course materials for each level from Kindergarten (Primary Reception) all the way up to A-levels.

MathsOnline

(<https://www.mathsonline.com.au/>) - Apart from following the Australian curriculum, this site has a built-in tutor, and allows users to submit answers and mark their progress. MathsOnline also offers a free trial worth looking into.

Good old multiplication tables

You don't need a textbook for this, but you can simply drill your kids on their times tables throughout the day as a mathematical exercise.



Age Appropriate Readings List

Think classics like "Wind in the Willows," C.S. Lewis' "The Chronicles of Narnia," "Black Beauty," Louisa May Alcott's "Little Women" series, and other similar titles. And yes, JK Rowling's "Harry Potter" series counts too, if you've got copies lying around. Otherwise, check out archive.org for free e-books.

Copywork and/or dictation

This is a quick exercise to keep your kids occupied for a good hour and to check their handwriting, spelling, and reading or listening comprehension skills in one fell swoop. Simply select an appropriate book and either read it to them or have them copy out a few chapters.

Short writing assignments

These would be better suited to older kids, such as those who are at least ten years old. You can have them write a brief summary of their favorite book, or if they're capable of it, write a poem or short essay about a subject that interests them.

As a final note, do bear in mind that this plan is for a short-term fix. It ought to suffice for, say, three months. Should the quarantine extend beyond that period or if you and your child find homeschooling to your liking, we encourage you to check your state's official website for the full list of educational requirements.



Free Up Your Time with these Online Educational Services for your Kids

The COVID19 pandemic disrupted our way of living. Right now, parents are left with no choice but to fill different roles they are not prepared for.

On top of handling your business, you need to be a cook, teacher, gym coach, germ police, and a 24/7 caregiver. It's just too many obligations packed in one hell of an emergency. Probably the biggest one, how do you take care of your hyperactive children, especially those under 10 years old)?

There's no child care. No school. No tutors to delegate the task. How can you free up your time like before? How can you survive running your business or career?

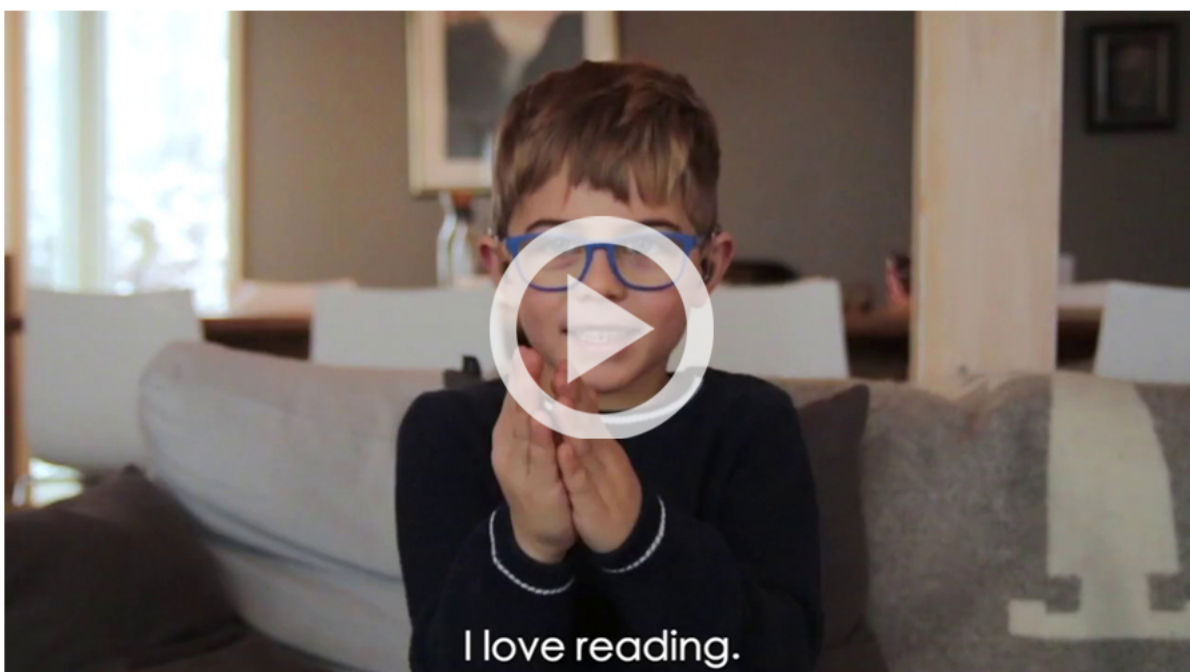
Worry not. Technology is here to save you. Here are online educational services you can use to keep your kids busy while you do your other responsibilities.



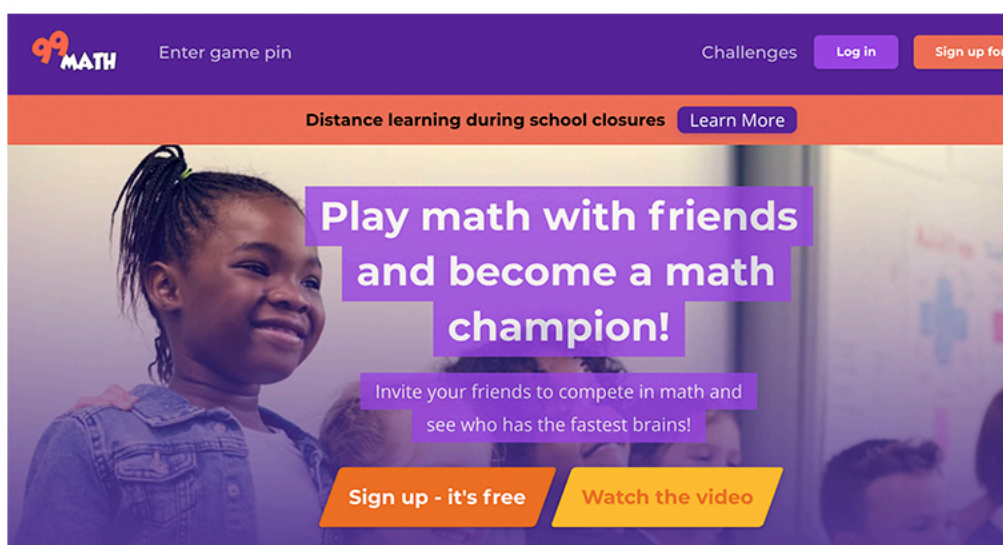
Poio

Our kids love games! And your kid can be focused on a game for hours that they won't be as demanding of your hours as before. You only need to find a match that can help them learn at the same time! And the Poio app can be the one you're looking for.

Poio is a learning app that uses interactive games to help your kids learn how to read. It all started when Daniel Senn, the educator behind the app, found a way to teach reading to his son, who was challenged because of hearing problems.



Right now, Poio has helped over 100,000 kids learn reading all over the world. You can download Poio on your iOS or Android device.



99Math.com

Math is a crucial part of learning. More than learning how to count, it fosters analytical thinking, better problem-solving skills, and reasoning skills when our kids grow up. We can teach them all the math skills. But why not make it interactive?

99Math is a platform that can connect you with different math learners across the globe you can contend with. It provides math gaming challenges. And after the competition, it will show the highest scorer.

If you have competitive kids, you can use this platform to keep them occupied.



Outschool.com

Games and competitions might not be enough. Sometimes, you just want your kids to have someone to teach them specific skills — like art classes, music lessons, and even fitness! But how to do that if you can't go out, right?

Outschool.com might be the resource you are looking for. Outschool is a marketplace for classes for as low as \$5 per class.



You can have your kids learn almost anything with their vast repository of classes on arts, English, life skills, music, social studies, coding & tech, health & wellness, math, science & nature, world languages, and many more!

Take note; your kids have real-time instructors to keep them company. They also have classmates to interact with as well. It's like your usual tutoring classes, only within the convenience of your home!

Conclusion

With that, free up your time with these reliable online services. Let learning be fun for your kids and be worry-free for you as well. So it's time to go back to business!

GOT RESTLESS KIDS?

Here Are Great Virtual Tours to Take Them On

By now, your kids are probably bored out of their minds. For the past few weeks, you've all been stuck inside the four walls of your house. Cabin fever's all too real.

Now, we don't recommend anyone to break quarantine rules since it's simply too dangerous for everyone involved. However, if you've got a tablet, smart phone, or a computer and a stable Internet connection, you can still go places without leaving your couch.

How? Through virtual tours, of course, and here are a handful for some of the world's best theme parks, zoos, aquariums, and museums that ought to keep your kids occupied for one week at least.

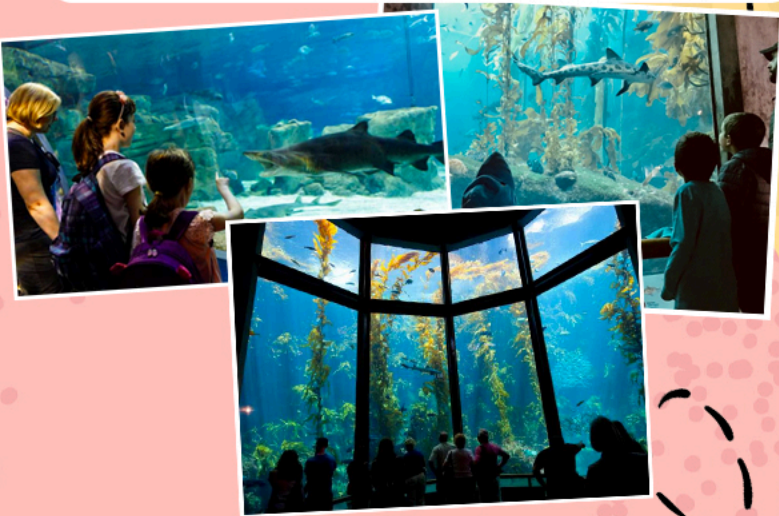


AQUARIUMS



Monterey Bay Aquarium

<https://www.montereybayaquarium.org/animals/live-cams>



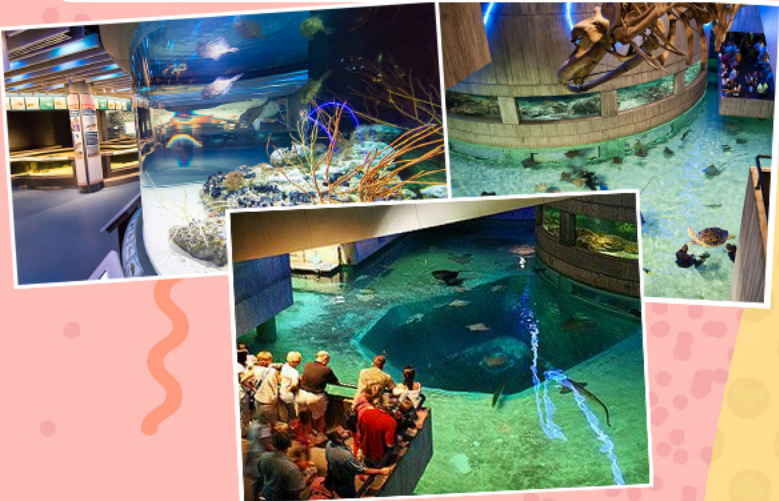
Georgia Aquarium

<https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/>



National Aquarium

<https://aqua.org/media/virtualtours/baltimore/index.html>



The Shedd Aquarium

<https://www.facebook.com/sheddaquarium/>





MUSEUMS

The Louvre

<https://www.louvre.fr/en/visites-en-ligne#tabs>



Metropolitan Museum of Art

https://artsandculture.google.com/streetview/metropolitan-museum-of-art/KAFHmsOTE-4Xyw?hl=en&sv_lng=-73.9625541&sv_lat=40.780528&sv_h=288.5530909135324&sv_p=-6.470229162491762&sv_pid=o4Ef1_t26JSvVHQX4jzb9Q&sv_z=0.6253222631835352

The Vatican Museum

<http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html>



The Museum of Modern Art (MoMA)

<https://artsandculture.google.com/exhibit/sophie-taeuber-arp/swKioHNhYqZolw?hl=en>

London's British Museum

<https://britishmuseum.withgoogle.com/>

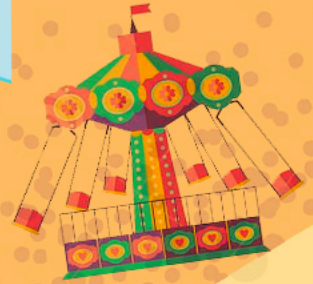




THEME PARKS

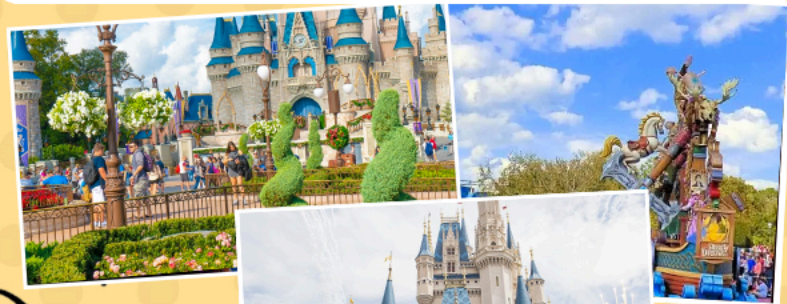
LEGOLAND Florida Resort

<https://www.legoland.dk/en/accommodation/hotel-legoland/virtual-tour/>



Walt Disney World

<https://disneyparks.disney.go.com/blog/2018/03/disney-parks-launches-first-ever-360-degree-panoramas-on-google-street-view/>



SeaWorld Orlando

<https://www.visitorlando.com/en/things-to-do/virtual-tours/seaworld-orlando>





ZOOS



Atlanta Zoo

<https://zooatlanta.org/panda-cam/>



San Diego Zoo

<https://kids.sandiegozoo.org/videos>



The Cincinnati Zoo

<https://www.facebook.com/cincinnati-zoo/>



Perhaps when this is all over and all is right within the world again, you and the family can make plans to see some of these in person, yes? In the meantime, enjoy the sights from the comfort of your own home

Love In the Time of COVID-19

Quarantine Date Ideas to Keep Romance Alive



Dinner By Candlelight

Whether you ordered in some takeout or are having boxed mac 'n cheese, dining by candlelight somehow changes up the ambiance.



Workout Together

Okay, so the gyms are closed, but there are lots of home workouts on Youtube. Why not work up a sweat together?



Take A Museum Tour in Your PJ's

Planning a romantic trip to Paris, but COVID-19 got in the way? Well, you can still roam around its famed Louvre Museum without leaving your bed. Check out their website for the free virtual tour!



Turn Your Living Room Into a Concert Hall

You know what else you can experience for free on the Internet? A music festival ala Coachella! Dig up your flower crowns and neon outfits and pull up Instagram Live's Stay at Home Festival right on the couch.



Go for an Online Dance Class

Always wanted to learn how to do the swing or the rumba? Well, now's your chance. Click on some Youtube tutorials and invite your significant other to practice with you. For extra fun, pick out matching outfits.



Test Your Cosmic Capability

Doesn't matter whether you believe in horoscopes or think it's all rubbish. Looking up your star signs and whatnot can still be fun! With costarastrology.com, you can add each other, enter the time you were born, and see what astrological algorithm the app comes up with.



Set Up a Home Spa

Light some scented candles, slip on your favorite fluffy robes, and dig out those Korean sheet masks you hoarded pre-COVID 19. While you're at it, practice giving each other a massage.



Host a Beer Tasting

Buy a few beers from the nearest liquor store that's still open (curbside pick-up preferred). Sample them and discuss your favorites. Cheese, crackers, and sausages are optional, but highly recommended.

WHAT TO DO IF YOU'RE PREGNANT OR JUST GAVE BIRTH?

SHOULD I TAKE PRENATAL AND ANTENATAL CHECK-UPS



Before and after birth, It's still best to get continual professional support from your midwife or obstetrician.

Check your community for options for online consultations. But if you need to have the check-up in



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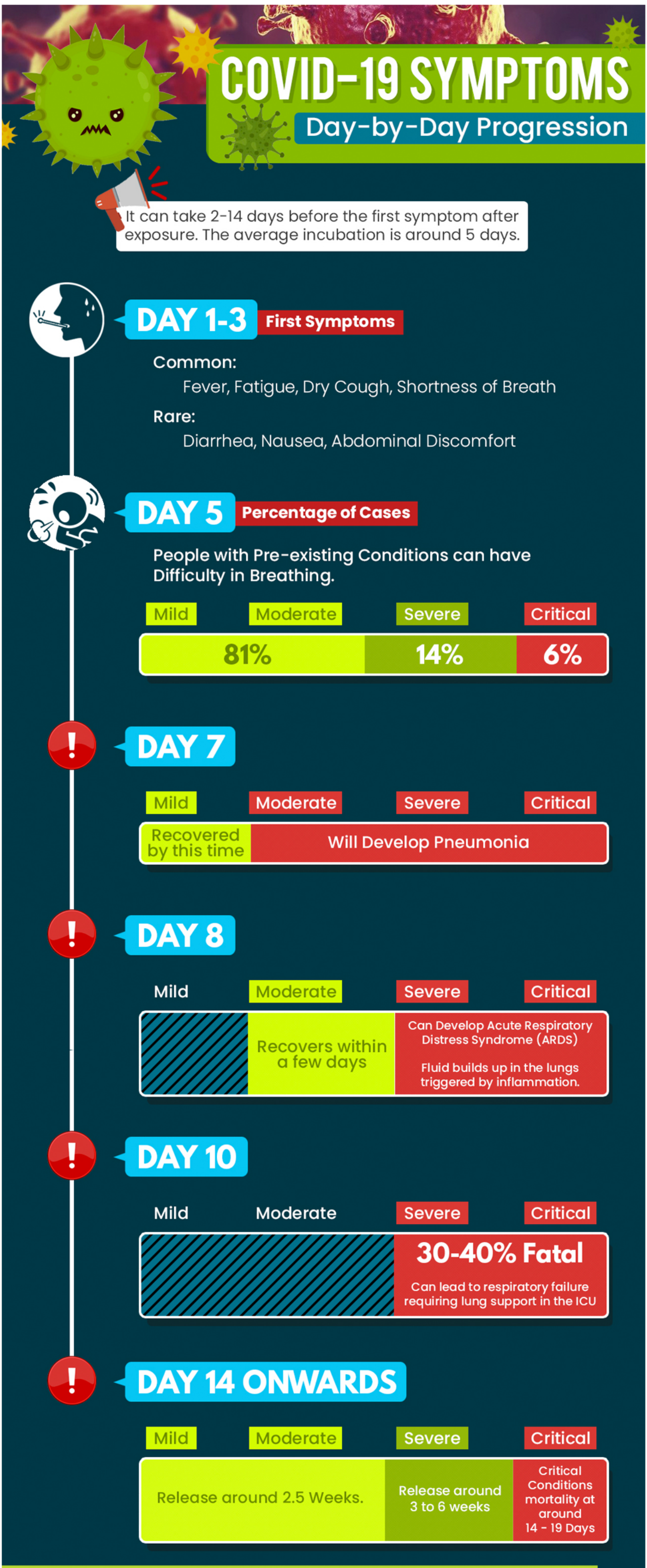
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Worry not. Technology is here to save you. Here are online educational services you can use to keep your kids busy while you do your other responsibilities.

Protect Yourself First

You need to be healthy to take care of your elderly properly. Protect yourself first. COVID19 is lethal because of the fast progression of the disease.



Currently, 21.90% of the deaths for confirmed cases** around the world belong to the 80 above age range.



There is no known cure or vaccine for the disease yet.

Let's protect our loved ones by practicing social distancing, staying-at-home, and proper hygiene.



As you can see above, complications can escalate in just a week. And what's worse is that some people are asymptomatic, meaning they don't suffer from the disease, but they can carry it and infect other people as well.

That's why we should be extra cautious. We should:

- Practice social distancing
- Avoid touching your face
- Wash your hands thoroughly for at least 20 seconds
- Sanitize surfaces and medical equipment your elderly loved one uses
- When coughing, use a tissue or cough at the bend of your elbow to avoid spreading.

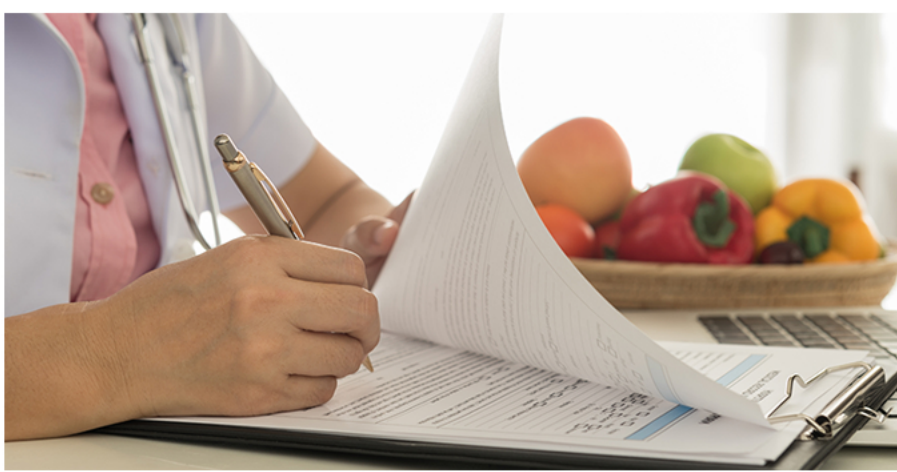
Again, protect ourselves first so that we can take care of our loved ones in the best way we can.



Be Ready With Their Prescription Medicine

Aside from stocking up groceries, you should also get medicines and medical supplies. If your loved one needs to take prescription medicines, better stock around 2 weeks to 1 month worth of inventory.

We have included a list in the survival pack of online pharmacies where you can get purchase your medicines online.



Develop a Care Plan

A Care Plan is a summary of the health conditions and the treatment needed for a patient. It includes the following information:

- Health conditions
- Medications
- Healthcare providers
- Emergency contacts
- Caregiver resources

The Center for Disease Control and Prevention (CDC) has a [template form](#) you can use to create one. If you don't have some of the information, you can ask the help of a doctor to fill it up.



Contact the People in the Care Plan and your Community

Before an emergency happens, you should know your options now. Contact the list of the healthcare providers you have and ask them what you can do when an emergency arises.

Also, join your community and stay connected with your neighbours and other relatives. You need as much help as you can. And keeping in touch allows you to ask for some help (both physically and psychologically) just in case.



Do Not Socially Isolate Them

The pandemic is not only physiological, but it's also mental. Most of the world is in isolation as of the moment. And the elderly are not an exception.

Yes, practice social distancing. The isolation can bring loneliness and take its toll on all our mental health. More than ever, it's time to reconnect with our parents or grandparents. Keep your elders involved.

Get them involved in fun household activities like simple conversations, cooking activities, or movie nights. You can also teach them how to use online applications like Zoom so that you can connect online. Be creative!

Conclusion

We all need to be extra prepared and careful for these trying times. Our loved ones might be at risk. But with our due diligence, we can survive COVID19 unharmed.