



# COVID-19 CHECKLIST FOR PARENTS

## The 7 Things You Need To Do Now

The coronavirus pandemic has made life unpredictable. One day your child is in school and the next day your child is at home doing school work remotely. The health of children and families has become even more uncertain as some schools open for in-person instruction. No one can know for sure whether they will get sick or to what degree they may get sick. To protect yourself and your family during this uncertain time, the following steps should be taken in the event someone in your family requires medical attention due to COVID-19.

- Keep a written or electronic list of your current medications, illnesses and conditions, and treating physicians where the right people can access it quickly.**
- Make a list of names of individuals who can watch your children in the event you are in the hospital or need to quarantine. Let these individuals know of your plan ahead of time.**
- Create a file for each child to be referenced by medical professionals or temporary caregivers that contains the following information:**
  - Medical information: current medications, illnesses and conditions, and treating physicians
  - School information: teacher's name, school contact information, school schedule
  - Personal information: friends' (and their parents') names and contact information
  - Relevant legal documents from the list of estate planning documents below.
- Ensure that you have supplies for treating an illness:**
  - Tissues
  - Hand soap and hand sanitizer
  - Thermometer
  - Fever-reducing medication
  - Face masks
- Provide a designated space in your house where an infected family member can quarantine that contains the following items:**
  - A bed, air mattress, or other soft sleeping surface
  - Bedding
  - Access to a restroom
  - Entertainment such as books, television, video games
  - Phone charger
- Have enough food on hand:**
  - Two weeks' worth of meals for the family
  - Plenty of fluids, soup, and comfort foods for the sick family member
- Update the following estate planning documents and keep them in an easily accessible place:**
  - Last Will and Testament
  - Revocable Living Trust
  - Financial Power of Attorney
  - Medical Power of Attorney
  - Living Will
  - Delegation of Parental Authority



THE LAW OFFICE OF  
**ROBERT P. NEWMAN, P.C.**

**801 WAYNE AVENUE, SUITE 400  
SILVER SPRING, MD 20910  
TELEPHONE: 301.892.2713 FAX: 301.883.1533  
RNEWMAN@RPNEWMANLAW.COM**