

# X-MEN COVID EMERGENCY BOX

## RIVER

With reinfection there are 5 key points to remember:

1. Rest
2. Isolate
3. Ventilate
4. Emergency Box
5. Reduce Viral Load

Being prepared with a plan can help us if Covid strikes.



## LONG COVID ADVOCACY

This box has been designed for those who have access to household facilities. It is a flexible box so do adapt it to your needs & circumstance.

If you need to be more strictly isolated from the household please see our Wonder Woman Superman box.

Be Prepared...



## Contacts

Doctor

Ambulance

Covid Buddy

Next of Kin