

WONDERWOMEN SUPERMAN COVID EMERGENCY BOX

RIVER

With reinfection there are 5 key points to remember:

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

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



LONG COVID ADVOCACY

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

For those who have access to household facilities please see our X-Men Box.

Checklist on website



Contacts

Doctor

Ambulance

Covid Buddy

Next of Kin