

## WHAT TO BRING TO CAMPUS RELATED TO COVID-19

Here are recommendations of supplies to bring to campus relating to the health and safety of yourself and others as you prepare for your campus arrival.

### CHECKLIST

- Adequate face coverings** — Bring enough for one per day, keeping in mind how often you will wash them. The university will be providing two reusable masks to each student.
- Cleaning supplies** — This is for your own personal living space to wipe down commonly used surfaces.
  - Look for one of these active ingredients in your cleaning solutions to be effective against virus:
    - Ethanol
    - Glycolic acid
    - Hydrogen peroxide
    - Hypochlorous acid
    - Isopropyl alcohol
    - Quaternary ammonium
    - Sodium hypochlorite
  - A list of all COVID-19 disinfectants can be found on the [EPA webpage](#).
- Digital or other thermometer**
- Hand sanitizer** — There will be hand sanitizers and places to wash your hands around campus; however, it is a good idea to have your own as well.
  - Off-campus students should remember hand soap for their living spaces.
- Over-the-counter medicine** — Acetaminophen, Ibuprofen or other cold symptom medication.
- Isolation and quarantine “to go bag”** — Since isolation or quarantine can happen quickly and likely be as long as 14 days, it is recommended to have a bag ready with essential items.
  - Items to consider:
    - Clothing
    - Over-the-counter medication
    - Prescription medication
    - School supplies
    - Snacks
    - Thermometer
    - Toiletries/hygiene products

*The SUNY Cortland Cupboard will have some cleaning supplies, hand sanitizers and hand soap. Additional items may become available, if needed. Please email [cortland.cupboard@cortland.edu](mailto:cortland.cupboard@cortland.edu) if you have any other needs or suggestions.*