

Tips to Prepare for Fall 2020

If there's any silver lining to the current pandemic, it's that we now have some experience with the reality of living through one and can anticipate some of the things we need to make life a little bit easier if a second wave of COVID-19 were to arrive.

We're here to help you prepare to the best of your ability, with a list of things you can do now and in the coming weeks to be ready for fall 2020:

1. Build a Supply of your Favourite Things

- It's never too early to begin thinking about all your favourite items you might want to have on hand when the cooler weather arrives. Build up a good supply of your go-to non-perishable foods, bath and beauty products as well as your most enjoyed healthy snacks, so that you're set for the season ahead.
- Cleaning and self-care items continue to be in high demand, so make sure you have a good supply of your preferred brands. These items may include: hand sanitizer, cleaning supplies and disinfectants, toilet paper and paper towels. Just make sure to leave plenty on the shelves for others.
- For many, grocery budgets can be stretched thin and making a plan that consists of budgeting and meal planning can also be helpful to start.
- For your family pets, ensure you stock up on food and grooming supplies.



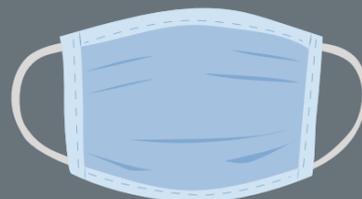
2. Create an At-Home First-Aid Kit

- No matter what time of year, it's a good idea to treat non-life-threatening injuries at home by equipping your at-home first-aid kit with: gloves, bandages, adhesive tape, gauze roll and pads, safety pins, cold pack, rubbing alcohol and antiseptic wipes, scissors and tweezers.
- Invest in a digital thermometer. This is particularly helpful for parents who may need to screen their kids before and after school, as well as anyone working outside the home.
- Make sure to have cold and flu medication on hand for the coming colder weather.



3. Try out Different Face Masks

- Avoid running out of face masks (now a solid part of our daily life) by having a good supply handy.
- Consider investing in fabric masks that are better for the environment and can be washed and re-worn. With the colder weather, you may want to experiment with a fabric mask that can double as protection from wind and snow.



4. Returning to School

- Try to purchase all the school supplies you may need before school starts.
- Stock up on masks that work best for your children and build them a small kit with hand sanitizer and a plastic bag to place used masks.
- Normalize mask wearing by making it a family affair and teach your children proper safety etiquette - a lanyard for your child's mask may reduce the risk of them losing or exposing it to unwanted surfaces.
- Start preparing for winter by purchasing cold weather gear as soon as possible.



5. Preparing Your Home

- Ensuring your home is ready for seasonal changes is something that you can start thinking about now. Maintenance and housekeeping such as furnace and filter cleaning, duct cleaning, fireplace inspection/cleaning and checking/repairing windows and doors will help keep the state of your home in good condition as the weather continues to change.



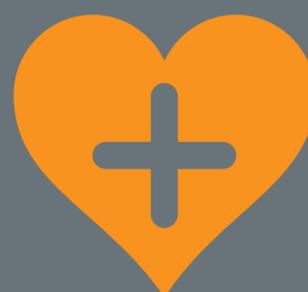
6. Banking

- Online and mobile banking – if you haven't already set up online /mobile or telephone banking, we'd be happy to help guide you through this, it's easy, fast and secure. Check out how by going to: alterna.ca/Personal/EverydayBanking/Access/
- Debit card – ensure you have a debit card and that it's functioning properly (contactless payments, limits etc.)
- Cheques – make sure you have enough cheques on hand by ordering them now. This can be done by calling your local branch or our Contact Centre at **1.877.560.0100**.
- Contactless payment – in store payment via debit or credit using tap, Etransfers, Apple Pay via Collabria Visa, online shopping with your credit card and pre-authorized payments that are scheduled to automatically debit your accounts are all easy ways to make safe and secure payments.



7. Health and Wellness

- Consider getting a flu shot to protect you and your loved ones.
- Speak to your doctor now about what vitamins and supplements may best support your immune system over the colder months.
- Set up time to connect with your doctor for an annual checkup.
- Ask if your doctor offers virtual check-ups for routine appointments and get set-up now.
- Go in for routine medical checkups, including mammograms, blood pressure checks, and vaccines as soon as possible. Also, be sure to schedule your dental checkups and eye exams.
- Eat healthy and support your immune system with the right food choices. Check out Health Canada's Resources for more information.
- Stay active with at home workouts.
- Treat pets as you would other human family members and do not let pets interact with those outside of your bubble.



We are here to help you prepare for anything life may throw your way. Stay safe, warm, and healthy as we head into fall 2020. For more tips and resources to help you navigate everyday life, please visit our Online Resource Hub alterna.ca/HereToHelp/

alterna savings