

## PANDEMIC FLU PLANNING CHECKLIST FOR INDIVIDUALS & FAMILIES

You can prepare for an influenza pandemic now. You should know both the magnitude of what can happen during a pandemic outbreak and what actions you can take to help lessen the impact of an influenza pandemic on you and your family. This checklist will help you gather the information and resources you may need in case of a flu pandemic.

### 1. To Plan For A Pandemic:

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- Store a three week supply of water and food. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies, such as power outages and disasters. A gallon to gallon ½ of water should be kept per person, per day.
- Ask your doctor and insurance company if you can get an extra supply of your regular prescription drugs. Mail order prescriptions can provide a three month supply.
- Have nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.
- Volunteer with local groups to prepare and assist with emergency response.
- Get involved in your community as it works to prepare for an influenza pandemic.

### 2. To Limit The Spread Of Germs And Prevent Infection:

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- Teach your children to wash hands frequently with soap and water, and model the current behavior.
- Teach your children to cover coughs and sneezes with tissues, and be sure to model that behavior.
- Teach your children to stay away from others as much as possible if they are sick. Stay home from work and school if sick.

### 3. Items To Have On Hand For An Extended Stay At Home:

Examples of food and non-perishables	Examples of medical, health, and emergency supplies
<ul style="list-style-type: none"> <li><input type="checkbox"/> Ready-to-eat canned meats, fish, fruits, vegetables, beans, and soups</li> <li><input type="checkbox"/> Protein or fruit bars</li> <li><input type="checkbox"/> Dry cereal, granola or jelly</li> <li><input type="checkbox"/> Peanut butter or nuts*</li> <li><input type="checkbox"/> Dried Fruit</li> <li><input type="checkbox"/> Crackers</li> <li><input type="checkbox"/> Canned juices</li> <li><input type="checkbox"/> Bottled water</li> <li><input type="checkbox"/> Canned or jarred baby food and formula</li> <li><input type="checkbox"/> Pet food and supplies</li> <li><input type="checkbox"/> Other nonperishable foods</li> <li><input type="checkbox"/> Extra propane tank</li> <li><input type="checkbox"/> Matches - waterproof</li> <li><input type="checkbox"/> Candles</li> <li><input type="checkbox"/> Powdered Milk</li> <li><input type="checkbox"/> Disposable Tableware (if hot water becomes an issue)</li> <li><input type="checkbox"/> hand-operated can opener</li> <li><input type="checkbox"/> soup</li> <li><input type="checkbox"/> jelly</li> </ul> <p>*please check on food allergies</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Prescribed medical supplies such as glucose and blood-pressure monitoring equipment</li> <li><input type="checkbox"/> Soap and water, or alcohol-based (60-95%) hand wash</li> <li><input type="checkbox"/> Medicines for fever, such as acetaminophen or ibuprofen</li> <li><input type="checkbox"/> Thermometer</li> <li><input type="checkbox"/> Anti-diarreal medication (Imodium)</li> <li><input type="checkbox"/> Vitamins</li> <li><input type="checkbox"/> Fluids with electrolytes</li> <li><input type="checkbox"/> Cleansing agent/soap</li> <li><input type="checkbox"/> Flashlight</li> <li><input type="checkbox"/> Batteries</li> <li><input type="checkbox"/> Portable radio – battery operated</li> <li><input type="checkbox"/> Manual can opener</li> <li><input type="checkbox"/> Garbage bags</li> <li><input type="checkbox"/> Tissues, toilet paper, disposable diapers</li> <li><input type="checkbox"/> Gloves (patient care) *beware of allergies</li> <li><input type="checkbox"/> Masks (Meeting the N95 standards)</li> <li><input type="checkbox"/> Medicines (Tylenol, Chloraseptic, Robitussin, Tums, etc.)</li> <li><input type="checkbox"/> Anti-bacterial soap</li> <li><input type="checkbox"/> Disinfectant hand wipes</li> </ul>

Examples of food and non-perishables	Example of medical, health, and emergency supplies
	<ul style="list-style-type: none"> <li><input type="checkbox"/> Contact lenses and supplies</li> <li><input type="checkbox"/> Extra pair of eyeglasses</li> <li><input type="checkbox"/> Plastic bucket with tight fitting lid</li> <li><input type="checkbox"/> Garbage bags</li> <li><input type="checkbox"/> Bleach</li> <li><input type="checkbox"/> Fire Extinguisher</li> <li><input type="checkbox"/> Basic tools</li> </ul>

**Recipe for an electrolyte drink:**

1 quart water, ½ teaspoon baking soda, ½ teaspoon table salt, 3 to 4 tablespoons sugar, ¼ teaspoon salt substitute, mix ingredients well and flavor with lemon juice or sugar-free Kool-aid.

**Recipe for Disinfectant solution:**

1 gallon water, ¼ cup bleach, mix a fresh bath every time you use it.

\*Make sure to disinfect door knobs, switches, handles, toys and other surfaces commonly touched around home or workplace.