Pandemic Flu Planning Checklist

You can prepare for an influenza pandemic now. You should be aware of what can happen during a pandemic outbreak and the actions that you can take to help lessen the impact of the pandemic on you and your family. This checklist can help you gather information and resources to help you prepare.

1. To plan for a pandemic

- store a two week supply of water and food. During a pandemic, if you cannot get
 to a store, it is important for you to have extra supplies on hand. This is useful in
 other types of emergency disasters as well.
- ask your doctor and insurance company if you can get an extra supply of your regular prescription drugs
- have any non-prescription drugs and other health supplies on hand, including pain relievers, cough and cold medicines, vitamins, etc.
- 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
- make list of contact telephone numbers- work, public health, family

2. To limit the spread of germs and prevent infection:

- teach your children to wash their hands frequently with soap and water and model the correct 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 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	
0	Protein or fruit bars	0	soap and water, or alcohol based hand
0	Dry cereal or granola		sanitizer
0	Peanut butter or nuts	0	Prescribed medical supplies such as
0	Dried fruit		blood pressure monitoring equipment
0	Crackers	0	medicines for fever such as ibuprofen
0	Canned juices		and acetaminophen
0	Bottled water	0	thermometer
0	Pet food	0	medication to prevent vomiting like
0	Other non perishable items		gravol
0	canned or jarred baby food and	0	vitamins
	formula	0	fluids with electrolytes
		0	flashlights and batteries
		0	portable radio
		0	manual can opener
		0	garbage bags
		0	tissue, toilet paper, disposable diapers