



Pandemic Flu Planning Checklist for Individuals and Families*

You can prepare now for a world-wide influenza outbreak ("flu pandemic"). You should know what can happen during a pandemic and what actions you can take to reduce the effects of a flu pandemic on you and your family. A flu pandemic could last for **6-8 weeks** in a community, and may return several times.

Although all levels of government are preparing for a possible flu pandemic, **personal planning is important** because some community businesses and services may be disrupted or closed, including:

- School, childcare, and work
- Public transportation and availability of gasoline and other fuels
- Grocery stores, banks, gas stations, and other businesses
- Communications, including telephone, radio, and television
- Utilities – electricity, gas
- Pharmacies and healthcare

This checklist will help you gather the information and resources you may need in case a flu pandemic or other emergency interrupts normal business activities

- 1. Assemble a Disaster Supplies Kit.** Make sure that you consider the needs of family members with special needs. The Kit should include the following items:
 - Water and food supplies.** During a pandemic, you may not be able to get supplies from stores, so it's important for you to have extras on hand. This can be useful in other emergencies, such as power outages.
 - At least 30 days supply of important medication.** Ask your doctor and/or pharmacist if you can get an extra supply of your regular prescription drugs.
 - Nonprescription drugs and other health supplies.** These include pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes (e.g., sports drinks), and vitamins, Band-Aids, antibacterial ointments, tape, and gauze.
- 2. Create a family emergency health plan.** List emergency contact information. Consider how family members would be cared for if they got sick and what would be needed to care for them.
- 4. Get involved.** Volunteer with local groups and health centers to prepare and assist with emergency response. Your community needs help as it works to prepare.
- 5. Keep informed.** Tune in to news from radio, television, and newspapers.
- 6. To limit the spread of germs and prevent infection:**
 - Make sure that you and your family are up to date on vaccinations.
 - Wash hands often with soap and water and teach this to children.
 - Cover coughs and sneezes with tissues and teach this to children.
 - Stay away from others as much as possible if they are sick and teach this to children. Stay home from work and school if sick.

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The Disaster Supplies Kit

Stock up on food and water. During a pandemic it may not be possible to get to a store. Even if you can get to a store, it may be closed or out of supplies. Public water and sewer services may also be interrupted. Even if a pandemic flu outbreak does not occur, stocking up on supplies can be useful in other types of emergencies such as power outages. Store foods that:

- Are non perishable (will keep for a long time) and don't require refrigeration
- Are easy to prepare
- Require little or no water, so that you can conserve water for drinking

Examples of food and non-perishable items	Medical, health, and emergency supplies
<ul style="list-style-type: none"> <input type="checkbox"/> Ready-to-eat canned meats, fruits, vegetables, beans, and soups <input type="checkbox"/> Protein & fruit bars <input type="checkbox"/> Dry cereal & granola <input type="checkbox"/> Peanut butter or nuts <input type="checkbox"/> Dried fruit <input type="checkbox"/> Crackers <input type="checkbox"/> Canned & bottled juices <input type="checkbox"/> Bottled water – 1 gallon per person per day <input type="checkbox"/> Canned & jarred baby food and formula <input type="checkbox"/> Powdered & shelf-stable milk <input type="checkbox"/> Pet food <p>Remember to rotate and replace food items:</p> <p style="text-align: center;">First In -- First Used</p> <p>Put dates on perishables if they are not dated</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Prescribed medical supplies such as hearing aids, glucose and blood-pressure monitoring equipment; extra batteries. <input type="checkbox"/> Band-Aids, antibacterial ointments, tape, gauze bandages <input type="checkbox"/> Fever medicines such as acetaminophen or ibuprofen <input type="checkbox"/> Fluids with electrolytes (e.g., sports drinks) <input type="checkbox"/> Thermometer, vitamins, anti-diarrheal medication <input type="checkbox"/> Soap and water & alcohol-based hand wash <input type="checkbox"/> Toothpaste, toothbrushes and denture supplies <input type="checkbox"/> Tissues, toilet paper, feminine hygiene supplies, disposable diapers, paper plates, plastic eating utensils <input type="checkbox"/> Flashlight, various batteries, portable radio <input type="checkbox"/> Garbage bags, hatchet, shovel, <input type="checkbox"/> Fuel stores (wood, propane, fuel oil) <input type="checkbox"/> Manual can opener <input type="checkbox"/> Matches, lighters <input type="checkbox"/> Portable gas stove and fuel canisters for cooking <input type="checkbox"/> Pens, pencils, writing pads <input type="checkbox"/> Patch kit and can of seal-in-air for car or wheel-chair tires <input type="checkbox"/> Plain bleach for emergency disinfection of water <input type="checkbox"/> Rope, waterproof plastic containers

For more information about pandemic flu visit: www.pandemicflu.gov
www.ihsgov

*Information modified from www.pandemicflu.gov