

Pandemic Flu Planning Checklist for Families and Individuals

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.

To plan for a pandemic:

- ✓ **Store** a six-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.
- ✓ Have any **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, loved ones and neighbors** about how they would be cared for if they got sick, or what will be needed to care for them in your home.
- ✓ **Get involved in your community** as it works to prepare for an influenza pandemic. Volunteer with local groups to prepare and assist with emergency response.
- ✓ To **limit the spread of germs** and prevent infection:
 - Teach your children to **wash 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 and school if sick.**

Checklist:

Items to have on hand for a six-week stay at home

Examples of food and non-perishables

- Ready-to-eat canned meats, fruits, vegetables and soups
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter or nuts
- Dried fruit
- Crackers
- Canned juices
- Bottled water
- Canned or jarred baby food and formula
- Pet food

Examples of medical, health, and emergency supplies

- Prescribed medical supplies such as glucose and blood-pressure monitoring equipment
- Soap and water, or alcohol-based hand wash
- Medicines for fever, such as acetaminophen or ibuprofen
- Thermometer
- Anti-diarrheal medication
- Vitamins
- Fluids with electrolytes
- Cleansing agent/soap
- Flashlight
- Batteries
- Portable radio
- Manual can opener
- Garbage bags
- Tissues, toilet paper

Important!

- Shop now to ensure the items you need are available.
- If you wait until the last minute, you'll find yourself among other "last-minute preparers" - possibly exposed to sick people, and not being able to find the supplies you need.

Call Three Rivers Public Health Department at 402-727-5396 or visit www.threeriverspublichealth.org for more information.