



Pandemic Preparedness



Pandemic Flu Planning For Individuals and Families

(Source: CDC website)

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. The following will help you gather the information and resources you may need in case of a flu pandemic.

To plan for a pandemic:

- Store a two-week supply of water and food. During a pandemic, if you can not 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 non-prescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes (such as Pedialyte and sports drinks), and vitamins.

- Talk with family members and loved ones about how they would be cared for if they became ill at home, or what would be needed to care for them in your home. Make a list of family member names, contact information, medical issues, and physician phone numbers.
- 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.

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, or if tissues are not available, their hand or the bend of their elbow. Wash hands immediately afterward.
- Teach your children to stay away from others as much as possible if they are sick. Stay home from work and school if you or an immediate family member is sick.

Items to have on hand for an extended stay at home:

Examples of foods and non-perishable items	Examples of Supplies
Ready-to-eat canned meats, fish, fruits, vegetables, beans, soups	Prescribed medical supplies such as glucose and blood pressure monitoring equipment
Protein or fruit bars, dry cereal or granola	N-95 face masks, latex gloves, disposable thermometers
Powdered or canned milk	Soap and water, alcohol-based hand wash, bleach cleaner
Peanut butter or nuts	Anti-diarrhea medication, decongestants, cough drops, ibuprofen or acetaminophen
Dried fruit	Vitamins or supplements
Crackers, pasta, rice,	Fluids with electrolytes
Canned juices	Flashlight, batteries and portable radio
Bottled water (2 gallons per person per day)	Manual can opener, portable stove and fuel
Jarred baby food and formula	Garbage bags
Pet food and pet medications	Tissues, toilet paper, disposable diapers, personal sanitary supplies

For more information visit: www.pandemicflu.gov or call the CDC Hotline: 1-800-232-4636.