

# In Case of Pandemic Flu

You can, *and should*, prepare for a pandemic. You should know both the magnitude of what can happen during a pandemic outbreak and what actions can be taken to lessen the impact on you and your loved ones. This checklist will help you gather the information and resources you may need in case of a pandemic

## To prepare for a pandemic:


### 1. Store a one week supply of water and food.

- It is important for you to have extra supplies on hand as you may not be able to get to a store or the store may be out of supplies
- Store foods that are:
  - Nonperishable (will keep for a long time) and don't require refrigeration
  - Can be eaten cold in case you are unable to heat them
  - Require little or no water, so you can conserve water for drinking

### 2. Make sure to have an *adequate* supply of:

- Your regular prescription drugs
- Health items such as:
  - Prescribed medical supplies such as glucose and blood-pressure monitoring equipment
  - Extra cash
  - Extra pair of prescription glasses
  - Soap and alcohol-based hand wash
  - Pain relievers - acetaminophen and/or ibuprofen
  - Thermometer
  - Anti-diarrhea medication
  - Vitamins
  - Pair of scissors
  - Flashlight and batteries – **DO NOT USE CANDLES!!!!**
  - Emergency light and batteries
  - Portable radio with batteries
  - A charged cell phone
  - First Aid kit
  - Garbage bags
  - Tissues, toilet paper, disposable moist wipes

### 3. Limit the spread of germs and prevent infection:

- Wash hands frequently with soap and water for a full 15 seconds  
(Sing "Happy Birthday to you. . ."). 
- Cover your mouth and nose with a tissue when you cough or sneeze
- Put used tissues in the waste basket
- Cough or sneeze into your upper sleeve if you don't have a tissue
- Clean your hands after coughing or sneezing - Use soap and water or a hand cleaner
- **Stay at home** if you are sick
- *Avoid* crowds and/or group gatherings

### 4. Create a family emergency health plan

- Fill in information (listed below) for each family member and keep it handy:
  - Emergency contact list  
(Names, phone numbers, addresses, emails of important people)
  - Allergies
  - Past/ Current Medical Conditions
  - Current Medications/ Dosages

### 5. Practice good health habits

- Staying healthy is especially important during a pandemic
  - Eat a balanced diet
  - Eat a variety of foods, including plenty of vegetables, fruits, and whole grain products
  - Include low-fat dairy products, lean meats, poultry, fish, and beans
  - Drink lots of water
  - Go easy on salt, sugar, alcohol, and saturated fat
  - Exercise on a regular basis and get plenty of rest.

### 6. Get (and Stay) Informed

- Know the facts - it's the best preparation!
- Identify sources you can count on for reliable information - if a pandemic occurs, having accurate and reliable information will be critical
- Reliable, accurate, and timely information is available at [www.cdc.gov](http://www.cdc.gov)
- The Centers for Disease Control and Prevention (CDC) Hotline at: 1-800-CDC-INFO (1-800-232-4636 - 24 hours a day, 7 days a week)
- Talk to your Health care providers

***Stay informed & Stay safe!***