



XI. Sample Newsletter Article on Stocking Food and Supplies

During a pandemic flu, you need to be ready to take care of yourself and your family. Preparing *now* will make it easier when one occurs.

One simple step you can take now is to stock supplies for an extended stay at home. 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. These can also be useful in other types of emergencies.

Store a 2-week supply of water and food. Store the following types of food:

- Nonperishable foods (those that will keep for a long time) that do not require refrigeration
- Easy-to-prepare foods
- Foods that you and your family regularly eat.

Examples include ready-to-eat canned meats, fish, vegetables and soups; protein or fruit bars; and bottled water.

Also, it is important to remember other necessities that are often overlooked:

- Regular prescription drugs to ensure a continuous supply in your home
- Nonprescription drugs and other health supplies on hand, including pain relievers, fever reducers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins
- Other essential supplies, such as soap or alcohol-based (60%–95%) hand wash, cleaning supplies, a flashlight, batteries, toilet paper, and tissues.

While no one can prevent a pandemic from happening, all levels of government, communities, individuals and families need to work together to take steps to prepare for a pandemic and minimize its impact.

See the attached supply checklist, or visit www.pandemicflu.gov for more information.

This information is brought to you by the U.S. Department of Health and Human Services.



Items to have on hand for an extended stay at home: (For additional ideas and suggestions, consult your local Red Cross chapter).

Examples of food and nonperishables

- Ready-to-eat canned meats, fish, fruits, vegetables, beans, 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
- Other nonperishable foods

Examples of medical, health, and emergency supplies

- Prescribed medical supplies such as glucose and blood pressure monitoring equipment
- Soap and water, and alcohol-based (60% to 95%) 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, and disposable diapers