



VIII. Sample E-mail and Checklist on Stocking Food and Supplies

Planning now will make it easier for you and your family during a pandemic. One simple action you can take to reduce the impact of a flu pandemic is to stock up on supplies. This will make it easier to stay at home for an extended period of time and will be helpful in the event that you are unable to get to a store (or if stores are out of supplies).

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

- Nonperishable foods (items 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 essential supplies that are often overlooked:

- Regular prescription drugs to ensure a continuous supply in your home
- Nonprescription drugs and other health supplies, including pain relievers, 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.

Stocking personal emergency supplies is a good idea for any type of emergency, but especially for a pandemic, which can last for several months. One easy way to stock up is to simply add a few extra items to your grocery cart each time you shop.

Attached is a checklist of items to have on hand for an extended stay at home. Visit www.pandemicflu.gov for more information.



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, or alcohol-based (60%–95%) hand wash
- Medicines for fever, such as acetaminophen or ibuprofen
- Thermometer
- Antidiarrheal medication
- Vitamins
- Fluids with electrolytes
- Cleansing agent/soap
- Flashlight
- Batteries
- Portable radio
- Manual can opener
- Garbage bags
- Tissues, toilet paper, and disposable diapers