

Pandemic Flu Planning Checklist for Individuals and Families

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

1. To plan for a pandemic:

- Store a 2-week supply of water and food.
- Ask your doctor and insurance company if you can get an extra supply of your regular prescription drugs.
- 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 about how they would be cared for if they got sick, or what will be needed to care for them in your home.
- Volunteer with local groups to prepare and assist with emergency response.
- Get involved in your community to prepare for a flu pandemic.

2. To limit the spread of germs and prevent infection:

- Teach your children to frequently wash hands 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.

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

Examples of Food and Non-Perishables	Examples of Medical, Health, and Emergency supplies
<ul style="list-style-type: none"> ○ 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 	<ul style="list-style-type: none"> ○ Prescribed medical supplies such as glucose and blood-pressure monitoring equipment ○ Soap and water, or alcohol-based hand wash ○ Medicines for fever (acetaminophen or ibuprofen) ○ Thermometer ○ Antidiarrheal medication ○ Vitamins ○ Fluids with electrolytes ○ Flashlight ○ Batteries ○ Portable radio ○ Manual can opener ○ Garbage bags ○ Tissues, toilet paper, disposable diapers

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