

## VII. Pandemic Flu Preparedness Checklist

The U.S. Department of Health and Human Services (HHS), CDC, and health experts ask individuals to stock up on foods and other necessities, improve health, and plan ahead for how they will care for themselves and family members during a flu pandemic.

### Stock Up:

- Store nonperishable foods, bottled water, over-the-counter drugs, health supplies, and other necessities.
- HHS recommends having a 2-week supply, but stocking up can take place over time.
- These supplies can be useful in other types of emergencies, such as power outages.

**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

