
Pandemic Flu Planning Worksheet

Directions: Complete the following statements with your plans in the event of a flu pandemic.

- Who would take care of my responsibilities if I became ill?

- If the school or daycare closes temporarily, how will I keep my child or children occupied at home?

- Consider what you will do if you cannot go to work.

- Consider what you will do if you cannot go to public places.

- If someone in my household shows signs and symptoms of the flu, the caregiver will be:

- If the primary caregiver shows signs and symptoms of the flu, the next caregiver will be:

- If members of my household have to stay home or be separated from others for a period of time, they will stay: **[insert where in the home they will stay]**

- To keep others from being infected in the household, I will: **[insert actions you will take to help prevent the spread of the flu]**

- Emergency telephone numbers are located: **[insert where emergency telephone numbers are located]**

- Emergency Supplies, including flu pandemic supplies, are located: **[insert where emergency supplies are kept]**

Supplies

Directions: Check off the supplies that you currently have on hand. Be sure to make a shopping list and purchase the items that you do not already have on hand.

- A 2- week supply of food, water, and medicines. Include vitamins, prescription medications and over-the-counter medicines – such as cough and cold remedies, pain relievers, fever-reducing medications (including acetaminophen and ibuprophen) and anti-diarrhea medication.

- Emergency Preparedness Kit

- Soap

- Bleach or household disinfectants

- Alcohol-based hand sanitizer

- Paper towels

- Tissues

- Thermometer

- Box of disposable gloves

- Electrolyte drinks, fruit juice, and soup or ingredients for electrolyte solution (sugar, baking soda, salt, salt substitute)

- Masks (N95 or surgical)