

PANDEMIC FLU PLANNING CHECKLIST FOR INDIVIDUALS & FAMILIES

You can prepare for an influenza pandemic now. You should know both the magnitude of what can happen during a pandemic outbreak and what actions you can take to help lessen the impact of an influenza pandemic on you and your family. 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:

- 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. The flu comes in 6 to 8 week waves and may last as much as 3-4 months in a community, and 2 years in the world. Storing enough food and supplies for 3-4 months is important to cover the needs of your family. This will be useful in other types of emergencies which required an extended time period for recovery.
- Ask your doctor and insurance company if you can get an extra supply of your regular prescription drugs.
- Have nonprescription drugs, alternative health measures and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids and electrolytes, and vitamins. See suggestions below
- Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.
- Visit our local health department site at www.swuhealth.org, to the EMERGENCY PREPAREDNESS section and download the *Stay at Home* book and the *Family Emergency Preparedness Guide*

2. TO LIMIT THE SPREAD OF GERMS AND PREVENT INFECTION:

- Stay home from work or school if you have a respiratory illness or otherwise sick.
- Cover coughs with your shirt sleeve. When using a tissue throw it away immediately and wash hands.
- Avoiding contact with people who are coughing or ill. If you must go out stay 6 feet away from others.
- Wash hands frequently

3. ILL PEOPLE WHO EXPERIENCE ANY OF THE FOLLOWING WARNING SIGNS SHOULD SEEK EMERGENCY CARE:

CHILDREN: Fast breathing or trouble breathing, bluish skin color, not drinking enough fluids, not waking up or interacting, being so irritable that the child does not want to be held, flu-like symptoms improve but then return with fever and worse cough, fever with a rash

ADULTS: Difficulty breathing or shortness of breath, pain or pressure in chest or abdomen, sudden dizziness, confusion, vomiting

4. EXAMPLES OF ITEMS TO HAVE ON HAND FOR AN EXTENDED STAY AT HOME

Remember to consider the possibility that the infrastructure may be disrupted, including power outages

Food, Water & Clothing	Hygiene, Medical & Health Aides	Emergency Supplies
<ul style="list-style-type: none"> • Extra water storage and water filtering system • Fluids & ingredients for hydration solutions such as salt, sugar & flavorings • Ready to eat canned meats, fish, fruits, vegetables, beans and soups • Packaged quick meals • Protein or fruit bars • Dry cereal or granola • Powdered milk & drinks, & canned juices • Peanut butter and nuts • Dried fruit and canned fruit • Canned or jarred baby food & formula • Pet food • Other nonperishable foods • Clothing for cool and cold weather 	<ul style="list-style-type: none"> • Thermometers (2), Blood Pressure Cuff, Scales • Medications, over-the-counter medications, vitamins and other alternative measures for health and wellness as desired • Personal Protective equipment such as goggles, surgical masks, gloves, gowns & shoe coverings • Special equipment and needs for infants, the elderly and pets • Personal hygiene needs including hand & baby wipes, hand soap & alcohol based hand wash, sanitary napkins, tissues, toilet paper, disposable diapers, shampoo, and etc. • Disinfectants such as bleach, dish and laundry detergents • Garbage bags, zip lock bags & paper towels • Extra sheets, pillow cases &, disposable bed pads 	<ul style="list-style-type: none"> • Flashlights, lanterns, batteries & crank or solar radio • Manual can opener & manual wheat grinder • Sanitation supplies such as portable toilet, garbage bags, shovel and kitty litter, lime or sawdust to cover waste • Alternative cooking measures such as sun oven, propane stove, and charcoal for dutch ovens • Laundry needs such as clothesline clothespins, and a way to wash clothing (5 gallon buckets for washing & rinsing clothes with a plunger to agitate works well) • Activity Kits such as paper, pens, crayons, games, etc., to reduce boredom

See also www.getpandemicready.org, www.swuhealth.org, www.pandemicflu.gov, www.cdc.gov, www.who.org