



# **Pandemic Flu Planning Checklist for Individuals & Families**



## **What you should know**

Pandemic influenza (flu) is a worldwide outbreak of a new flu virus for which there is little or no immunity (protection) in the human population. Scientists and health professionals are concerned that the current virus in birds (avian flu) may develop into the next human pandemic. Pandemic flu can spread easily from person-to-person, causing serious illness and death. When new pandemic flu spreads it creates a public health emergency. This emergency will not be like anything we've faced before. A pandemic will last longer, make more people seriously ill and may cause more deaths than any other health crisis in our time.

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:**

- Store a two week supply of water and food. 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. This can also be useful in other types of emergencies, such as power outages and disasters.
- Ask your doctor and insurance company if you can get an extra supply of your regular prescription drugs.
- Have nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, and fluids with electrolytes.
- Talk with family members and loved ones about how they would be cared for if they got sick and 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 as it works to prepare for an influenza pandemic.

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

- Teach your children to cover coughs and sneezes with tissues, and model this behavior.
- Teach your children to wash hands frequently with soap and water, and model this behavior.
- Teach your children to stay away from others as much as possible if they are sick. Stay home from work and school when ill.

**3. Have sufficient supplies on hand for an extended stay at home:**

**Examples of food and non-perishables**

- Ready-to-eat canned meats, fish, fruits, vegetables, beans, and soups
- Protein or fruit bars
- Peanut butter or nuts
- Dried Fruit
- Crackers
- Canned fruit juice, dried milk
- Bottled water (minimum of one gallon per person per day)
- Baby food and formula
- Food and water for pets

**Examples of medical, health, and emergency supplies**

- Medical supplies such as glucose and blood-pressure monitoring equipment
- Medicines for fever, allergies, diarrhea
- Thermometer
- First aid kit
- Fluids with electrolytes
- Soap and water, or alcohol-based (60-95%) hand wash
- Flashlight and extra batteries
- Portable radio and extra batteries
- Manual can opener
- Garbage bags
- Tissue, toilet paper, disposable diapers, paper towels, personal hygiene supplies
- Soap, cleansing agent, bleach, alcohol
- Face masks, plastic gloves

**FOR MORE INFORMATION GO TO THESE WEBSITES**

***[www.MarinPanFlu.org](http://www.MarinPanFlu.org)***  
***[www.PandemicFlu.gov](http://www.PandemicFlu.gov)***