



A COMMON SENSE APPROACH TO PREPARATION

Pandemic planning requires understanding the actions and priorities required to prepare for and respond to crisis. Planning is key to helping us take care of our own family. Assembling supplies to support your family's health NOW is a very important means of protecting them later. This checklist will help you gather the information and resources you may need in case of a flu pandemic or other emergency situation.

To plan for a pandemic or other emergency situation:

- Store a 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 be useful in other types of emergencies, such as power outages and disasters.
- 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 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.
- 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.

To limit the spread of germs and prevent infection:

- Teach your children to wash hands frequently 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.
- Stay home from work and school if sick.
- Clean and disinfect contaminated surfaces with an EPA approved disinfectant, like LYSOL® Disinfectant Spray and LYSOL® Sanitizing Wipes.

Planning for any type of emergency is in your best interest. Listed below are examples of how to prepare your family for an emergency. For more information go to www.mypyramid.gov or www.cdc.gov.

Should an outbreak occur, two weeks of isolation should be adequate, however, the longer one can live segregated, the better. The following is a formula for maintaining a level of family comfort for a week for a family of four. For additional time simply multiply the supplies by weeks expected.



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Supply basics per person per day based upon the 2005 USDA food pyramid are as follows:

FOOD GROUPS	30 YR OLD MALE	30 YR OLD FEMALE	8 YR OLD MALE	8 YR OLD FEMALE	TOTAL / WEEK
GRAINS	9 OZ./DAY	6 OZ./DAY	5 OZ./DAY	5 OZ./DAY	175 OZ./DAY
VEGETABLES	3.5 CUPS	2.5 CUPS	2 CUPS	2 CUPS	70 CUPS
FRUITS	2 CUPS	2 CUPS	1.5 CUPS	1.5 CUPS	42 CUPS
MILK	3 CUPS	3 CUPS	3 CUPS	3 CUPS	84 CUPS
MEAT/BEANS	6.5 OZ.	5.5 OZ.	5 OZ.	5 OZ.	154
OIL	8 TSP	6 TSP	5 TSP	5 TSP	168 CONVERT
WATER	1 GALLON	1 GALLON	1 GALLON	1 GALLON	28 GALLONS

For more information visit www.mypyramid.gov

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

Examples of food and non-perishables supplies	Examples of medical, health, and emergency
Ready-to-eat canned meats, fruits, vegetables, and soups	Prescribed medical supplies such as glucose and blood-pressure monitoring equipment
Protein or fruit bars	Soap and water, or alcohol-based hand wash
Dry cereal or granola	Medicines for fever, such as acetaminophen or ibuprofen
Peanut butter or nuts	Thermometer
Dried fruit	Anti-diarrheal medication
Crackers	Vitamins
Canned juices	Fluids with electrolytes
Bottled water	Cleansing agent/soap
Canned or jarred baby food and formula	Flashlight
Pet food	Batteries
	Tissues, toilet paper, diapers and feminine hygiene supplies
	Plastic garbage or trash bags with twist ties
	Portable radio
	Manual can opener
	Garbage bags
	Disinfectant Spray
	Disinfectant/ Sanitizing Wipes
	Disposable Baby Wipes

(Adapted from www.pandemicflu.gov)