

Planning Checklist for Individuals and Families

Planning

- Store a supply of food and water.
- Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes (gatorade, pedialyte for children, light soups, juices), and vitamins.
- Talk with family members about how they would be cared for if they get sick.

Limiting spread of germs and infection

Teach your children to:

- wash hands frequently with soap and water, and model correct behavior.
- cover coughs and sneezes with tissues and model correct behavior.
- stay away from others as much as possible if they are sick. Stay home from work or school if sick.

Supplies needed for an extended stay at home

Examples of food and non-perishables	Examples of medical, health, emergency supplies
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 (gatorade, pedialyte for children, light soups, juices)
Bottled water	Cleansing agent/soap
Canned or jarred baby food and formula	Flashlight
Pet food	Batteries
	Portable radio
	Manual can opener
	Garbage bags
	Tissues, toilet paper, disposable diapers

Stock a supply of water and food. Store foods that are nonperishable and don't require refrigeration; are easy to prepare, and require little or no water.

Source: www.pandemicflu.gov

