

Pandemic Flu Planning Checklist

Here's a checklist based on information from the federal government's Centers for Disease Control and Prevention to help you and your family prepare for the possibility of a flu pandemic:

1) Prepare your home for a pandemic:

- 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 to have extra supplies on hand. See supply list below.
- 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, fluids with electrolytes, and vitamins.

2) 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 if they are sick. Stay home from work and school if sick.

3) Get involved in community preparedness:

- Volunteer with local groups to prepare and assist with emergency response.
- Make sure your children's schools are included in preparedness planning.*

Recommended supplies

Food and non-perishables:

- Ready-to-eat canned meats, fruits, vegetables, and soups
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter or nuts
- Dried fruit
- Crackers
- Canned juices
- Bottled water
- Canned or jarred baby food and formula
- Pet food

Medical, health, and emergency supplies:

- Prescribed medical supplies such as glucose and blood-pressure monitoring equipment
- Soap and water, or alcohol-based hand wash
- Medicines for fever, such as acetaminophen or ibuprofen
- Thermometer
- Anti-diarrheal medication
- Vitamins
- Fluids with electrolytes
- Cleansing agent/soap
- Flashlight
- Batteries
- Portable radio
- Manual can opener
- Garbage bags
- Tissues, toilet paper, disposable diapers

Source: Centers for Disease Control and Prevention
<http://www.pandemicflu.gov/plan/pdf/Individuals.pdf>

*From Center for Health and Health in Schools (CHHCS)

Related Links:

www.pandemicflu.gov

School Health Issues: Avian Flu - <http://www.healthinschools.org/sh/avianflu.asp>

School Health Issues: Fast Flu Facts - <http://www.healthinschools.org/sh/influenza.asp>