



# FACT SHEET

## Pandemic Flu Planning and Emergency Preparedness Kit

### Pandemic Flu Planning

#### Planning for a pandemic:

- Store a two week supply of water and food.
- Check your prescription drugs to keep a supply in your home.
- Have any over-the-counter drugs and other health supplies on hand, including pain medicines, stomach medicines, cough and cold medicines, vitamins, water and sports drinks.
- Talk with your loved ones about their care if they get sick.
- Volunteer with local groups to help with emergency response.
- Get involved in your community as it works to prepare for a pandemic flu.



### Emergency Preparedness Kit

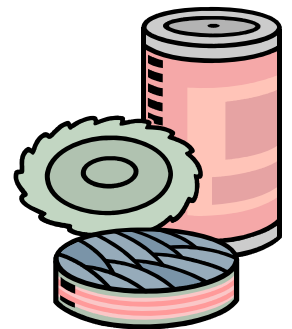
#### Liquids

- Bottled water (One gallon per person per day)
- Sport drinks



#### Food (Nonperishable)

- Ready-to-eat canned meats, fish, fruits, vegetables, beans and soups
- Protein or fruit bars
- Dry Cereal or granola
- Peanut butter or nuts
- Dried fruit
- Crackers
- Canned juices



# Pandemic Flu Planning and Emergency Preparedness Kit

## Medical/Health

- Prescribed medicines and medical supplies as suggested by your doctor
- Soap and water
- Alcohol-based hand sanitizer (60-95%)
- Medicines for reducing fever (such as acetaminophen or ibuprofen)
- Thermometer
- Medicines for diarrhea
- Vitamins



## Special Needs Items

- Canned or jarred baby food and formula
- Disposable diapers and wipes
- Pet food



## Emergency supplies

- Flashlight
- Batteries
- Portable radio
- Manual can opener
- Garbage bags
- Tissues
- Toilet paper



### Source of information:

United States Department of Health and Human Services

<http://www.pandemicflu.gov/plan/individual/checklist.html>