

Pandemic Flu Checklist

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 to have extra on hand.
- Periodically check your regular prescription drugs to ensure a continuous supply in your home.
- Have nonprescription drugs and other health supplies on hand (i.e., pain relievers, cough and cold medicine 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.

Limit the spread of germs:

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

Use the following checklist as a guide to see if you are prepared:

At home:

- My family and I have a preparedness plan.
- We have discussed the possibility of a pandemic.
- My family and I have an emergency communication plan and list of emergency contacts.
- My family and I have emergency supplies, food, water and medications needed in the event of a pandemic.

At work:

- I have read my district's pandemic preparedness plan.
- I have taken part in my district's pandemic preparedness training.
- I participated in my district's preparedness drills.
- I understand what my responsibilities will be in the event of a pandemic.
- I have a personal emergency kit at work.