

Pandemic Flu Planning

Checklist for Individuals & Families

With the threat of a global influenza pandemic, it is important for you to take steps to prepare for it now to help lessen the impact of a pandemic on your family. This checklist will help you gather the information and resources you may need in case of a flu pandemic.

1. TO PLAN FOR A PANDEMIC

- ▣ Store at least 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 for you to have extra supplies on hand. This can be useful in other types of emergencies, such as power outages and disasters.
- ▣ Ask your doctor and insurance company if you can get an extra supply of your regular prescription drugs.
- ▣ Have non-prescription 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.

2. TO LIMIT THE SPREAD OF GERMS AND PREVENT INFECTION

- ▣ Wash hands frequently with soap and water, and teach your children the same behaviour.
- ▣ Cover coughs and sneezes with tissues, and teach your children to do the same.
- ▣ Teach your children to stay away from others as much as possible if they are sick.
- ▣ Stay home from work and school if sick.

3. ITEMS TO HAVE ON HAND FOR AN EXTENDED STAY AT HOME

Examples of non-perishables	Examples of medical and health supplies	Examples of other emergency supplies
<ul style="list-style-type: none"> ❑ Ready-to-eat canned meats, fish, fruits, vegetables, beans, and soups ❑ Protein or fruit bars ❑ Dry cereal or granola ❑ Peanut butter or nuts ❑ Dried and canned fruit ❑ Crackers and canned juices ❑ Bottled water - minimum two litres per day per person ❑ Tetra-packed milk or soy beverages ❑ Canned or jarred baby food and formula ❑ Pet food ❑ Other non-perishable foods 	<ul style="list-style-type: none"> ❑ Prescribed medical drugs and supplies such as glucose and blood-pressure monitoring equipment ❑ Soap and water, or alcohol-based (60-95%) hand sanitizer ❑ Medicines for fever, such as acetaminophen or ibuprofen, anti-diarrheal, cough and cold ❑ Thermometer and a general first aid kit ❑ Vitamins ❑ Fluids with electrolytes (salt and sugar fluids) ❑ Cleansing agent/soap ❑ Tissues, toilet paper, disposable diapers, diaper wipes, feminine hygiene products ❑ N95 respirator masks, latex gloves 	<ul style="list-style-type: none"> ❑ Flashlight and additional batteries ❑ Battery-operated or wind-up portable radio ❑ Manual can opener and garbage bags ❑ Candles and matches or a lighter ❑ Extra house and car keys ❑ Cash and change

QUICK TIPS

- ❑ Keep prescription medications filled. If you or anyone else in your household takes prescription medication, don't wait until it is finished to order more. Try to keep at least one month's supply on hand at all times.
- ❑ Discuss care options with family members and other loved ones. If you will be bringing others into your home to care for them in the event of a flu pandemic, discuss what health supplies, special foods or other items they may require. Add those items to your emergency supply list.
- ❑ Fill out an Emergency Health Information sheet. Include blood type, allergies, pre-existing medical conditions and a list of current medications (type and dose) for each member of your household.

Source:

Public Health Agency of Canada www.phac-aspc.gc.ca/influenza
 Center for Disease Control www.pandemicflu.gov