

Pandemic Flu Planning for Families

You can prepare for an influenza pandemic now. You should know both the magnitude of what can happen during a pandemic outbreak and what actions you can take to lessen the impact on you and your family. This checklist has been developed to help you prepare should the pandemic flu happen. Planning now also should be helpful in preparing for other natural or human-caused disasters.

PLAN NOW

- 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 for you to have extra supplies on hand. This can be useful in other types of emergencies, such as power outages and disasters.
- If you have children or are responsible for caring for elderly relatives, make alternative care plans that have at least 2-3 alternatives. Schools and child and elderly day care providers are likely to be closed. If your family is not sick, your employer may expect you to report to work.
- Ask your doctor and insurance company if you can get an extra supply of your family's regular prescription drugs.
- Have any over-the-counter drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluid with electrolytes and vitamins.
- Talk with family members and loved ones not living in your home about how they would be cared for if they got sick or what will be needed to care for them in your home.

LIMIT THE SPREAD OF GERMS AND PREVENT INFECTION

Be a model for your family and teach your children and family members:

- To wash their hands frequently with soap and water.
- To cover coughs and sneezes with a tissue and throw it away immediately. If tissues are not available, to cough or sneeze into their arm and to never cover their mouth with their hands.
- To stay away from others as much as possible if they are sick.

STOCK UP ON SUPPLIES FOR EXTENDED HOME STAYS

Food and non-perishables

- Ready-to-eat canned meats, tuna, fruits, vegetables and soups
- Protein or fruit bars
- Dry cereal or granola
- Dried fruit
- Bottled water
- Crackers
- Canned juices
- 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-diarrhea medication
- Vitamins
- Fluids with electrolytes
- Cleansing agents/soap
- Flashlight
- Batteries
- Portable radio

FAMILY EMERGENCY HEALTH INFORMATION

It is important to think about health issues that could arise for you and your family if a pandemic occurs. For example, if you need to seek medical help, you may need to provide information about medical history, allergies or serious medical condition. Record and keep in a safe, accessible place the following information for each family member:

- Blood type
- Allergies, past/current medical conditions
- Current medications & dosages

OTHER EMERGENCY CONTACT INFORMATION

It is also important to be prepared with other emergency contact numbers should the pandemic flu affect you or your family. We recommend that you keep the following the following numbers handy:

- For immediate family-
Cell:
Work:
School or daycare provider:
- Local extended family contact numbers
- Out-of-state family contact
- Family physician(s)
- Pharmacy
- Local hospital
- Clergy
- Veterinarian

Pandemic Flu web sites:

www.cdc.gov/flu/avian

www.health.ri.gov/flu

www.who.int/csr/disease/influenza/pandemic

www.fluwicki.com

www.ohden.net/pandemic

www.pandemicflu.gov

www.ohden.sph.unc.edu/downloads/medical_preparedness_grid.doc