

Checklist for you and your family

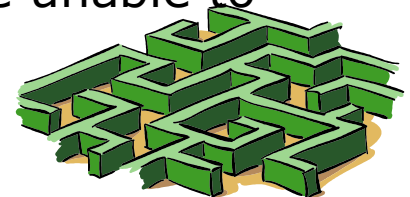
Pandemic Planning

1) Social Disruption May Be Widespread

- ▶ Plan for the possibility that usual services may be disrupted. These could include services provided by hospitals and other health care facilities, banks, stores, restaurants, government offices, and post offices.
- ▶ Prepare backup plans in case public gatherings, such as volunteer meetings and worship services, are canceled.
- ▶ Consider how to care for people with special needs in case the services they rely on are not available.

2) Being Able to Work May Be Difficult or Impossible

- ▶ Find out if you can work from home.
- ▶ Ask your employer about how business will continue during a pandemic.
- ▶ Plan for the possible reduction or loss of income if you are unable to work or your place of employment is closed.
- ▶ Check with your employer or union about leave policies.



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3) Schools May Be Closed for an Extended Period of Time

- ▶ Plan home learning activities and exercises. Have materials, such as books, on hand. Also plan recreational activities for your children.
- ▶ Consider childcare needs.



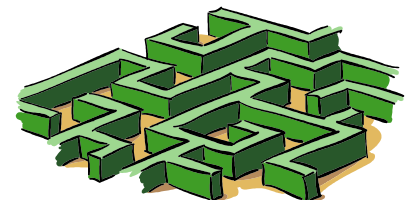
4) Transportation Services May Be Disrupted

- ▶ Think about how you can rely less on public transportation during a pandemic. For example, store food and other essential supplies so you can make fewer trips to the store.
- ▶ Think about how to take care of loved ones who are far away.
- ▶ Consider other ways to get to work, or, if you can, work at home.



5) Be Prepared

- ▶ Stock a supply of water and food. During a pandemic you may not be able to get to a store. Even if you can get to a store, it may be out of supplies. Public waterworks services may also be interrupted. Stocking supplies can be useful in other types of emergencies, such as power outages and disasters. Store foods that:
 - ▶ will keep for a long time and don't require refrigeration
 - ▶ are easy to prepare in case you are unable to cook
 - ▶ require little or no water, so you can conserve water for drinking



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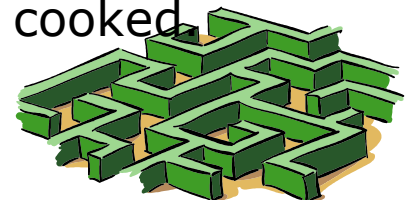
6) Stay Healthy

Take common-sense steps to limit the spread of germs. Make good hygiene a habit.

- ▶ Wash hands frequently with soap and water.
- ▶ Cover your mouth and nose with a tissue when you cough or sneeze.
- ▶ Put used tissues in a waste basket.
- ▶ Cough or sneeze into your upper sleeve if you don't have a tissue.
- ▶ Clean your hands after coughing or sneezing. Use soap and water or an alcohol-based hand cleaner.
- ▶ Stay at home if you are sick.
- ▶ Eat a balanced and healthy diet. Drink lots of water and go easy on salt, sugar, alcohol, and saturated fat.
- ▶ Exercise on a regular basis and get plenty of rest.

7) Guidelines for the safe preparation of poultry:

- ▶ Wash hands before and after handling food.
- ▶ Keep raw poultry and its juices away from other foods.
- ▶ Keep hands, utensils, and surfaces, such as cutting boards, clean.
- ▶ Use a food thermometer to ensure poultry has been fully cooked.



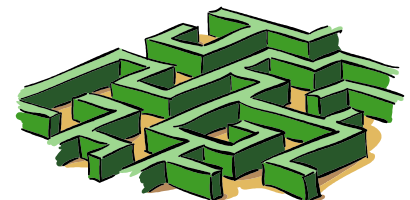
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8) Medicines and Planning

- Ask your doctor if you can get an extra supply of your prescription drugs.
- Have any nonprescription 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.
- Get involved in your community as it works to prepare for an influenza pandemic.

9) To 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 as much as possible if they are sick. Stay home from work and school if sick.



Pandemic Planning

10) Other Things to Remember

Keep on hand a list of your family members:

- Blood type
- Allergies
- Past/Current Medical Conditions
- Current Medications/ Dosages

Keep on hand a list of Emergency Contacts

Other Emergency Supplies to have on hand:

- Batteries
- Flashlight
- Portable Radio
- Cleansing agents / soaps
- Face Masks
- Manual can opener
- Garbage bags
- Tissues, toilet paper, disposable diapers

