

FAMILY EMERGENCY PLANNING KIT

(Adapted from the CDC)

PANDEMIC PLANNING CHECK LIST FOR INDIVIDUALS AND 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 help lessen the impact of an influenza pandemic on you and your family. This checklist will help you gather the information and resources you may need in case of a flu pandemic.

To plan for a pandemic:

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.

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.

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.

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.

Items to have on hand for an extended stay at home:

Examples of Food and non-perishables:

At least two weeks worth of food and water. This should be food that does not require refrigeration.

Ready-to eat canned meats, fruits, vegetables, and soups

Protein or fruit bars

Dry cereal or granola

Peanut butter or nuts

Dried fruit

Crackers

Canned Juices

Bottled water

Canned or jarred baby food and formula

Pet food

Extra cash (ATMs may not be available)

Examples of medical, health, and emergency supplies:

At least two weeks worth of your prescription medicines and non-prescription medicines. 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-diarrheal medication

Vitamins

Fluids with electrolytes

Cleansing agent/soap

Flashlight

Batteries

Portable radio

Manual can opener

Garbage bags

Tissues, toilet paper, disposable

diapers

FAMILY EMERGENCY HEALTH INFORMATION SHEET

It is important to think about health issues that could arise if an influenza pandemic occurs, and how they could affect you and your loved ones. For example, if a mass vaccination clinic is set up in your community, you may need to provide as much information as you can about your medical history when you go, especially if you have a serious health condition or allergy.

Create a family emergency health plan using this information. Fill in information for each family member in the space provided. Like much of the planning for a pandemic, this can also help prepare for other emergencies.

Family Member Information

Family Member	Blood Type	Allergies	Past/Current Medical Conditions	Current Medications/Dosages
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

EMERGENCY CONTACT LIST:

Contacts	Name/Phone Number
Local personal emergency contact	_____
Out-of-town personal emergency contact	_____
Hospitals near: Work	_____
School	_____
Home	_____
Family Physician(s)	_____
State Public Health Dept	_____
Employer contact and emergency Information	_____
School contact and emergency Information	_____
Religious/spiritual organization	_____
Veterinarian	_____