

# Pandemic Planning

## Household Preparedness

Experts believe a worldwide outbreak, or pandemic, of influenza will happen someday. The exact timing is not known, but it is certain our everyday lives will drastically change during a pandemic. These changes may include temporary closing of schools or cancellation of events, disruption of normal services such as utilities and some shortages. There are things you can do now to prepare. Take time to understand the needs of your household; and take action to help lessen the impact of an influenza pandemic on you and your family.

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- A** **ASPIRIN** or nonaspirin for pain reliever, **ANTACID** for upset stomach.
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- B** Household Chlorine **BLEACH** can be used as a disinfectant (diluted nice parts water to one part bleach) or in an emergency to purify water (Use 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners).
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- C** **CELL** phone, **CASH**, traveler's **CHECKS**, **CHANGE**.
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- D** **DISINFECTANT** – household cleaners, hand wipes and alcohol-based hand sanitizer. **DISPOSABLE DIAPERS**.
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- E** **EMERGENCY REFERENCE MATERIAL** such as a first-aid book.
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- F** **FOOD** – Store at least a one week supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water such as protein bars, ready-to-eat canned meats, soups and vegetables, crackers, dry cereal, peanut butter, canned juices and baby food. **FLASHLIGHT** and batteries.
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- G** **GARBAGE BAGS** and plastic ties for personal sanitation. **GASOLINE** for vehicles – because gas stations rely on electricity to power their pumps, keep your car fuel tank at least half full to get you to an emergency medical location if needed.
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- H** Personal **HYGIENE** items such as feminine supplies, soap and shampoo.
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- I** **IMPORTANT** family documents – Keep copies of important family records such as insurance policies, wills, identification and bank account records in a waterproof, portable table.
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- J** Sports **JUICE** or fluids containing electrolytes to treat dehydration.
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- K** First-aid **KITS** – Two pairs rubber or latex gloves, cleansing agent/soap, antibiotic ointment, adhesive bandages in a variety of sizes, thermometer, non-prescription medications such as cough and cold remedies and fever remedies such as ibuprofen, acetaminophen or aspirin.
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- L** **LIST** of emergency contacts such as fire, police, doctors and local hospitals.
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- M** Prescription **MEDICATIONS** you take every day such as insulin, heart medication and asthma inhalers. Periodically rotate medicines to account for expiration dates.
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- N** **NOSE** and mouth protection – cough and sneeze into your elbow if you don't have tissues.
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- O** Manual can **OPENER**.
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- P** **PET** food and supplies.
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- Q** **QUICK REFERENCE** of family health histories – medications, allergies and vaccinations.
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- R** Battery-powered **RADIO** and batteries.
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- S** **SLEEPING BAG** or warm blanket for each person with enough insulation to keep family members warm in the winter.
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- T** **TISSUES** to cover coughs and sneezes, paper **TOWELS** and **TOILET** paper.
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- U** Turn off **UTILITIES**, locate your turn-off switches/valves and determine if you need a wrench or pliers.
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- V** **VITAMINS**.
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- W** **WATER** – Keep at least a one week supply of water per person. One gallon of water person per day, for drinking and sanitation. Children, nursing mothers and sick people may need more water.
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- X** **EXTRA** batteries for radio and flashlight.
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- Y** **YOUR BEST DEFENSE IS COMMON SENSE** – Wash hands frequently with soap and water, limit contact with sick people and maintain healthy habits.
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- Z** **ZIP** up with a complete change of warm clothing, socks and shoes per person.
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