

## Health Preparedness Checklist for Pandemic Events

Preparing for a pandemic can help lessen its impact on you and your family.

To prepare for a pandemic:

- Store a supply of water and food. 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.
- Practice social distancing out in public whenever practical.

Below are suggested items you may want to have on hand should you or a family member becomes sick. Many of the supplies on this checklist may be items you already have in your home disaster kit, so inventory the supplies you have on hand before obtaining additional supplies. Keep all your supplies together so they are in one place, as this makes it easy to inventory and rotate your stocks that expire. Keep in mind that a cold and flu virus can take 7-14 days to run its course. Having these items on hand will avoid you having to go to the store should you become ill.

<p style="text-align: center;"><u>Healthcare Item</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 10 day supply of prescription medications</li> <li><input type="checkbox"/> List of prescription medications</li> <li><input type="checkbox"/> Cough and cold medicines</li> <li><input type="checkbox"/> Fever reducer - acetaminophen</li> <li><input type="checkbox"/> Throat lozenges</li> <li><input type="checkbox"/> Thermometer</li> <li><input type="checkbox"/> Vitamins</li> <li><input type="checkbox"/> Other _____</li> </ul> <p style="text-align: center;"><u>Disinfectant and Cleaning Supplies</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Disinfectant wipes</li> <li><input type="checkbox"/> Hand sanitizer</li> <li><input type="checkbox"/> Laundry detergent</li> <li><input type="checkbox"/> Dish detergent</li> <li><input type="checkbox"/> Bleach (non-scented)</li> <li><input type="checkbox"/> Vinegar</li> <li><input type="checkbox"/> Garbage bags</li> <li><input type="checkbox"/> Cat litter</li> <li><input type="checkbox"/> Other _____</li> </ul> <p style="text-align: center;"><u>Entertainment</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Books, games, puzzles</li> <li><input type="checkbox"/> Other activities for children</li> </ul>	<p style="text-align: center;"><u>Food While Ill</u></p> <p>Choose easy to prepare food items that you and your family typically eat when ill, such as:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Clear broths and soups</li> <li><input type="checkbox"/> Clear ice pops or sorbets</li> <li><input type="checkbox"/> Crackers or bread for dry toast</li> <li><input type="checkbox"/> Fluids with electrolytes, such as Pedialyte or Gatorade</li> <li><input type="checkbox"/> Comfort foods</li> <li><input type="checkbox"/> Other _____</li> </ul> <p style="text-align: center;"><u>Additional Food Stocks (Non Perishable)</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Canned fruits and vegetables</li> <li><input type="checkbox"/> Beans, legumes</li> <li><input type="checkbox"/> Rice</li> <li><input type="checkbox"/> Spices and boullion</li> <li><input type="checkbox"/> Baby food/formula</li> <li><input type="checkbox"/> Pet food</li> <li><input type="checkbox"/> Water (1gal/day/person)</li> <li><input type="checkbox"/> Other _____</li> </ul> <p style="text-align: center;"><u>Personal Hygiene</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Soap/shampoo/deodorant</li> <li><input type="checkbox"/> Lip balm</li> <li><input type="checkbox"/> Feminine hygiene products</li> <li><input type="checkbox"/> Tissues</li> <li><input type="checkbox"/> Toilet paper</li> <li><input type="checkbox"/> Disposable diapers and wipes</li> <li>Other _____</li> </ul>
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