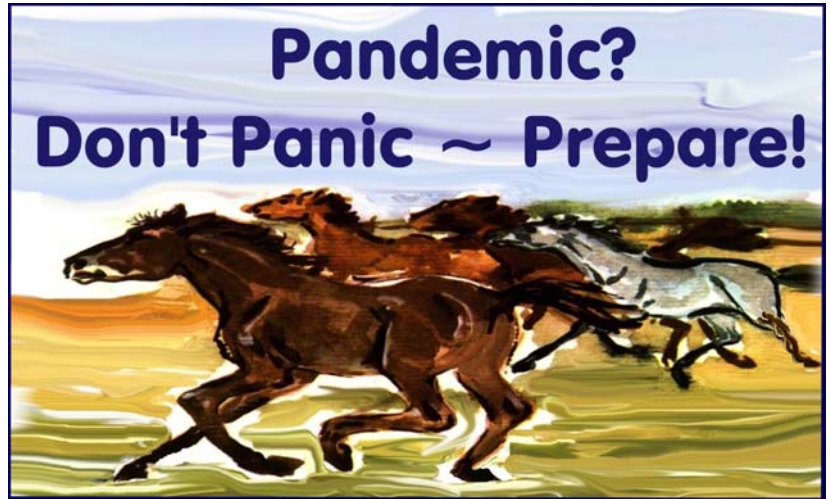


A Suggested List Of Ways Families Can Prepare at Home for A Pandemic National Health Ministries – PC(USA)

Most scientists feel the question is not will there be a pandemic, but when will there be a pandemic. Being prepared, thinking ahead and having on hand what you might need during an extended disruption of services, and, knowing what actions you can take will help lessen the impact of an influenza pandemic on you and your family. Knowing that you are prepared, that your family has a plan will reassure children (and adults.)

The following checklists will help you gather the information and resources you may need in case of a flu pandemic.

Please print a copy to use with your family.



To plan for a pandemic:

1. **Store a three - four week supply of water and food.** During a pandemic, if you cannot get to a store, or if stores are out of supplies because of delivery disruption, 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.

Be certain that food is stored appropriately – that dry cereals and sundries are stored in containers that are air-tight and will not allow moisture, that canned goods are in cool areas where temperatures cannot “heat” and spoil the contents. If possible, rotate (use and replace) your food supplies every 6 months.

2. Visit your local camping supply store and purchase water purification tablets (also available on the internet.) If public water supplies become unsafe during a prolonged pandemic, assuring the safety of your water supply may be necessary. As a rule, plan that you will need 1 gal/person/day of safe water – especially during warm weather. Remember that hot water heaters hold 50+ gallons of useable water in an emergency.

3. Medical Supplies and Drugs: Prescription and Over-the-counter
 - a. If you take prescription drugs, ask your physician to write your prescription for at least 60-90 days so that you have a supply to carry you through an extended time.
 - b. Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
 - c. Be certain that you have a good first aid kit stocked with emergency supplies.

Keep all stored drugs in areas that are not accessible to small children. Stockpiles of drugs can present a danger to those who do not know how to use them properly.

4. Go back to mechanical devices:
 - a. In a pandemic there may be electrical power outages for long or brief periods. Be certain that you have non-electric appliances such as can-openers, radios, and lights. Plan for extra batteries for battery operated radios and televisions.
 - b. Cordless telephones are a great convenience, but require electrical service. Be certain to have a “corded” phone that does not require an electric power source.

- c. Stock extra propane gas cylinders for gas grill or camping stoves. Be certain to follow instruction for safe use.
- d. “Sterno” cans may be used for heating water.
- e. Battery or wind-up clocks are also helpful.
- f. If electrical power is disrupted a good ice chest will be very useful – if ice is available.

Store batteries in moisture proof sealing plastic bags, away from heat sources. Store propane gas cylinders and sterno cans in safe places, in keeping with manufacturer’s suggestions.

5. Stock up on non-electric games, puzzles, BOOKS. If you have children be certain you have age appropriate versions of each.
6. If the pandemic were to hit during a school-term, you may need to prepared to continue “school” at home. Work with your children’s teachers to develop a pan for lesson assignments and be prepared for “home-work.” If your children’s school is not making plans, encourage them to do so.
7. To limit the spread of germs and prevent infection:
 - a. Wash hands frequently with soap and water (15 seconds minimum)!
 - b. Cover your coughs or sneezes with tissues (and then discard)!
 - c. Stay home if you are sick! Stay away from others who are sick!
 - d. Model these behaviors consistently and teach your children well.
8. Talk with family members, significant other and friends about how they would be cared for if they got sick, or what will be needed to care for them in your home.
9. If you are pregnant, work with your physician or mid-wife to develop a contingency plan for delivery of your baby.
10. If you have needed skills, volunteer with local groups to prepare and assist with emergency response.
11. Get involved in your community as it works to prepare for an influenza pandemic.
12. Go over the following list of items with your family and add other items that you know will be needed or wanted during a prolonged period of service and purchasing disruption.

A note about face masks.

[From the Institute of Medicine, Washington DC 20001 / iomwww@nas.edu]

In the event of pandemic influenza, personal protection equipment, including disposable particulate respirators and surgical facemasks, will be one of several public health interventions that make up the first line defense against human-to-human transmission of the virus. In a pandemic situation, effective vaccines and anti-viral medications may not exist or may not be available in adequate quantities. the use of masks by the public) will play an even more critical role in pandemic preventive strategies.

Surgical masks are recommended for use in healthcare settings for routine patient care. Current disposable N95 respirators are the recommended choice but have a limited effective lifespan. Given the potential duration of a pandemic, which may constitute several waves of outbreaks, even stepped-up production of surgical masks and N95 respirators will be overwhelmed by the demand, especially if community use of masks is widespread.

Examples of medical, health, hygiene and emergency supplies
(Store medicines safely away from children)

Don't Panic - Prepare



| |
|---|
| <input type="checkbox"/> Prescribed medical supplies such as glucose and blood-pressure monitoring equipment |
| <input type="checkbox"/> Soap and water, or alcohol-based (60-95%) hand wash |
| <input type="checkbox"/> Medicines for fever, such as acetaminophen or ibuprofen |
| <input type="checkbox"/> Personal hygiene items – tampons, pads... |
| <input type="checkbox"/> Condoms or other birth control requirements |
| <input type="checkbox"/> Thermometer |
| <input type="checkbox"/> Anti-diarrheal medication |
| <input type="checkbox"/> Vitamins |
| <input type="checkbox"/> Fluids with electrolytes (many popular “sport” drinks balance electrolytes as they replace fluids – check the label) |
| <input type="checkbox"/> Cleansing agent/soap |
| <input type="checkbox"/> Flashlight |
| <input type="checkbox"/> Batteries |
| <input type="checkbox"/> Portable radio |
| <input type="checkbox"/> Corded phone |
| <input type="checkbox"/> Manual can opener |
| <input type="checkbox"/> Garbage bags |
| <input type="checkbox"/> Tissues, toilet paper, disposable diapers |
| Add your own items: |
| <input type="checkbox"/> . |
| <input type="checkbox"/> . |
| <input type="checkbox"/> . |
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