

Create Your Own Family Plan with These Simple Steps:

1. Stay informed

Go to www.pandemicflu.gov, for specific flu information and steps to take action now

2. Make a Plan

Plan out what to do and make a checklist* of supplies you need

3. Stock Your Home

Get needed supplies now and store them at home

4. Other Protection Steps

Wash your hands frequently, cough or sneeze into a tissue or your arm, stay home if you are sick, limit time with other people who are sick



Pandemic Flu Checklist*		
Medical and Health Supplies	Emergency Supplies	Non-Perishable Food Supplies
<ul style="list-style-type: none"> • Thermometer • Hand washing supplies - soap and water or alcohol-based hand sanitizer • Fever reducer medicines such as acetaminophen or ibuprofen • Medicine for diarrhea and nausea • Medical supplies needed for blood glucose monitoring, blood pressure monitoring, etc. • Liquids with electrolytes • Vitamins 	<ul style="list-style-type: none"> • Flashlight • Batteries • Portable radio • Manual can opener • Garbage bags • Paper products - tissues, toilet rolls, disposable diapers 	<ul style="list-style-type: none"> <input type="checkbox"/> Bottled water <input type="checkbox"/> Juices in cans <input type="checkbox"/> Peanut butter and nuts <input type="checkbox"/> Ready-to-eat canned meat, fish, fruit, vegetables, beans and soup <input type="checkbox"/> Dry cereal <input type="checkbox"/> Protein and fruit bars <input type="checkbox"/> Dried fruit <input type="checkbox"/> Crackers <input type="checkbox"/> Baby food and formula in jars and cans <input type="checkbox"/> Pet food

For more specific flu information:

www.pandemicflu.gov

