

SPREAD THE WORD
NOT THE FLU

ARE YOU READY FOR A PANDEMIC FLU OUTBREAK?

BE SURE TO HAVE A TWO-WEEK SUPPLY OF WATER AND FOOD READY. INCLUDE:

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| <input type="checkbox"/> Bottled water (1 gallon per person per day) | <input type="checkbox"/> Soap and water, or alcohol-based hand wash |
| <input type="checkbox"/> Ready-to-eat canned food | <input type="checkbox"/> Fever medicine (acetaminophen or ibuprofen) |
| <input type="checkbox"/> Protein or fruit bars | <input type="checkbox"/> Thermometer |
| <input type="checkbox"/> Dry cereal or granola | <input type="checkbox"/> Anti-diarrheal medication |
| <input type="checkbox"/> Peanut butter or nuts | <input type="checkbox"/> Important personal documents/cash |
| <input type="checkbox"/> Dried fruit | <input type="checkbox"/> Knife/multi-tool |
| <input type="checkbox"/> Crackers | <input type="checkbox"/> Flashlight |
| <input type="checkbox"/> Canned juices | <input type="checkbox"/> Batteries |
| <input type="checkbox"/> Pet food (if necessary) | <input type="checkbox"/> Portable radio |
| <input type="checkbox"/> Other non-perishable items | <input type="checkbox"/> Garbage bags |
| <input type="checkbox"/> Manual can opener | <input type="checkbox"/> Tissues, toilet paper, disposable diapers, feminine items |
| <input type="checkbox"/> Prescription medicine and supplies | <input type="checkbox"/> First aid kit |

Local Emergency Contact: _____

Family Doctor: _____

Out-of-Town Emergency Contact: _____

Pharmacy: _____

Local Hospital: _____

School Emergency Contact: _____

SPREAD THE WORD NOT THE FLU

FLU IS HIGHLY CONTAGIOUS AND SPREAD MAINLY BY BRINGING THE VIRUS TO THE EYES, NOSE AND MOUTH. TO STOP THE SPREAD OF DISEASE AND SAVE LIVES:

- **Wash your hands often – before eating, after using the bathroom or handling used tissues or napkins and after handling animals or birds**
 - **Cover your mouth with a tissue or your sleeve when coughing and sneezing**
 - **Stay at home if you're sick to prevent infecting others**
 - **Take extra precautions around people who are sick: do not touch or share infected items (such as tissues) and stay three feet away to avoid their coughing and sneezing**
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Be prepared for a large-scale Local Disaster or Pandemic Flu Outbreak. Have two weeks supply of food and water and plan for disruption of services by taking the following steps:

- Store two weeks of water with 1 gallon per person per day for drinking as well as food preparation and sanitation.
- Store two weeks of non-perishable food that does not need refrigeration or cooking in case you can not get to the store.
- Ensure that you also include infant formula or special food needed by someone ill or elderly.
- If your water is contaminated, boil the water or add 1/4 teaspoon of household chlorine bleach to 1 gallon and let stand for 30 minutes.
- Schools and day care centers may be closed for an extended period of time to limit the spread of flu in the community and help prevent children from becoming sick.
- Talk to teachers and parent-teacher organizations about your school's plan and offer your help.
- Plan now for children staying at home for extended periods if schools close for extended periods along with other public gatherings such as malls or movie theaters.

Essential services you depend on may be disrupted. These may include services provided by hospitals, medical clinics, banks, restaurants, government offices, telephone and cellular phone companies, electricity and post offices.

- Stores may close or have limited supplies so plan to store extra non-perishable food and essential supplies.
- Public transportation may be disrupted and fuel shortages may occur. Plan to take fewer trips.

- Public gatherings such as worship services may be cancelled. Prepare contact lists to be able to communicate and distribute necessary information.
- Talk to your family about where to go in an emergency and how they will get essential care in case you cannot communicate with them.
- In a disaster or pandemic outbreak, there may be widespread damage or illness that could result in shut down of local ATMs and banks. Keep a small amount of cash in small denominations.

Being able to work may be difficult or impossible

- Ask your employee how business will continue during a pandemic flu.
- Discuss staggered shifts or working at home, telecommuting possibilities, accessing remote networks or using portable computers.
- Discuss flexibility in leave policies to take care of yourself or your family member.
- Plan for possible loss of income if you are unable to work or your company temporarily closes.

Medical care for people with chronic illness could be disrupted and medical services may become overwhelmed

- If you have a chronic disease such as heart disease, high blood pressure, diabetes, asthma or depression, continue taking medication as prescribed by your doctor.
- Talk to your healthcare provider about ensuring you have access to your medications and enough medications on hand to last 14 days.
- If you receive ongoing care such as dialysis, chemotherapy, talk to your health care provider about plans to continue care during a pandemic or where to go if the medical facility temporarily closes.

**LEARN HOW TO PROTECT YOURSELF AND OTHERS FROM THE FLU AND PREPARE FOR DISASTERS.
STOP THE SPREAD AND SAVE LIVES.**

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