



# Is your home prepared?

## WHAT YOU CAN DO

### Preparing for an influenza pandemic can reduce your chances of getting sick and help limit the spread of disease.

Stay healthy by eating a balanced diet, exercising daily, getting enough rest, and drinking fluids. Stay informed by staying up-to-date on a possible pandemic by listening to credible radio and television, reading news stories, and checking the Internet for reliable sources.

#### These common-sense steps can help stop the spread of influenza germs:

- Wash hands frequently for 20 seconds (or the time it takes to sing "Happy Birthday" twice) using soap and water.
- Cough or sneeze into your sleeve. Cover coughs and sneezes with tissues. Put used tissues in the trash immediately and then wash your hands.
- If you get sick, stay home and away from others as much as possible.
- Don't send sick children to school.
- Avoid close contact with people who are sick.

**As many as 1 in 3 people could get sick during a pandemic, many of them becoming seriously ill. Services and supplies we count on every day may not be available. Every individual and family could be on their own, without care, for an extended period of time. This makes being prepared even more important.**

Because everyday life may be different during an influenza pandemic and services could be disrupted, make sure you have these items in your emergency preparedness kit:

- Two weeks worth of food for you and your family. This should be food that does not need refrigeration. Foods like canned meats and fish, beans, soups, fruits, and dry goods like flour, salt, and sugar are good choices.
- Flashlights and a battery powered radio. Although there isn't an indication that electricity will be turned off, if something would happen to your electricity it may be delayed in getting repaired.
- Water stored in sealed, unbreakable containers. If water service is disrupted, plan on one gallon for each person for each day, for up to two weeks.
- Two weeks worth of prescription medicines.
- Two weeks worth of ibuprofen or acetaminophen for each person in the house for fever and pain. A two-week supply of cough medicine.
- Rehydration Solution: Please see the box on page 4 for instructions to make a rehydration solution for adults and teens. For children, especially infants and toddlers, a store-bought solution is strongly recommended.
- Two weeks worth of formula and diapers for infants and toddlers.
- Cell phone and charger.
- Supply of face masks and plastic gloves. These will help protect you, especially if you are taking care of family members who are sick with the disease.
- Disinfectants and chlorine bleach.