

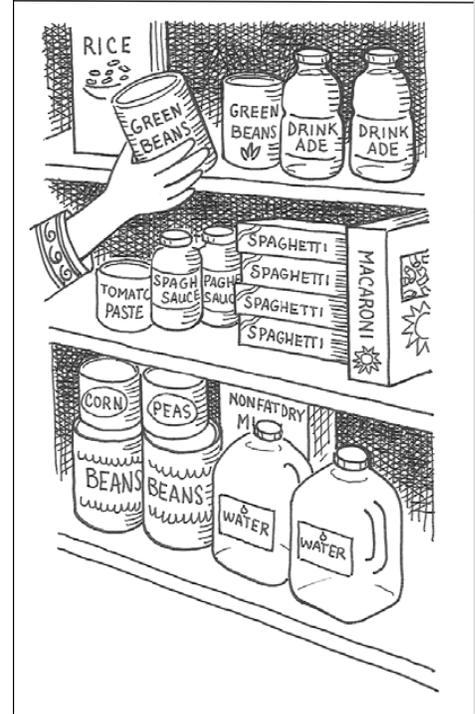
Pandemic Flu Planning Checklist for Individuals and Families

AT HOME

- Store water, food, and other essentials.** Prepare to get by for at least a week on what you have at home. (see sidebox)
- Store medical and health supplies.** Ask your healthcare provider for a prescription for an extra supply of your regular drugs. Keep health supplies and nonprescription drugs on hand. (see next page)
- Make household emergency plans.**
 - Prepare for possible changes in healthcare. For example, medical advice and healthcare may be more difficult to obtain during a severe pandemic. There may not be enough medical supplies, healthcare providers, and hospital beds for all persons who are ill.
 - Difficult decisions about who receives medical care and how much treatment can be administered will be necessary. Talk about these possibilities with your family and loved ones.
 - In a severe pandemic, you may be advised to stay away from others and from public places as much as possible. Plan to limit the number of trips you take to run errands.
 - Think about how you would care for people in your family who have disabilities if support services are not available.
 - Decide who will take care of children if schools are closed.

AT WORK

- Prepare to stay at home.** Staying at home from work when you are sick is the most important thing you can do to protect others.
- Know policies.** Ask your employer or union about sick leave and policies about absences, time off, and telecommuting.
- Encourage planning.** Every business, organization and agency should have a plan for making sure essential work can get done if large numbers of employees are absent over many months. You may be asked to perform duties that are not typically part of your job.
- Explore other ways to get your work done.** Find ways to reduce personal contact, such as increased use of e-mails or phone conferences. Plan to work from home whenever possible.



Examples of Nonperishable Food	Examples of Other Emergency Supplies
<ul style="list-style-type: none"> • Canned meats • Canned beans, fruits, vegetables, soups • Protein or fruit bars • Dry cereal or granola • Dried fruit • Peanut butter • Nuts and trail mix • Crackers • Comfort food, including cookies, candy, instant coffee, tea bags • Canned juices • Bottled water • Baby formula and baby food 	<ul style="list-style-type: none"> • Pet food, cat litter • Disposable diapers • Feminine supplies • Flashlight • Portable radio • Batteries • Manual can opener • Plastic garbage bags • Tissues and toilet paper • Entertainment - games, crafts, books, movies, etc. • Supplies for persons with special needs • Some extra cash

IN YOUR COMMUNITY

- Know your neighbors.** Talk with family, friends, and neighbors to make sure everyone is prepared. Be ready to help neighbors who are elderly or have special needs if services they depend on are not available.
- Know school policies.** Know policies about illness and being absent. Be prepared for school closures.
- Volunteer with community groups.** Assist with planning for emergency response to disasters and pandemic influenza.

Examples of Medical and Health Supplies

- Prescribed medicines and supplies, such as glucose meters and blood-pressure monitoring equipment
- Soap and water
- Alcohol-based hand cleaner
- Medicines for fever and pain, such as acetaminophen and ibuprofen
- Diarrhea remedy, such as Pepto-Bismol® or Kaopectate®
- Throat lozenges
- Cough syrup containing Dextromethorphan
- Thermometer(s)
- Vitamins
- Fluids with electrolytes, like Gatorade® and Pedialyte®

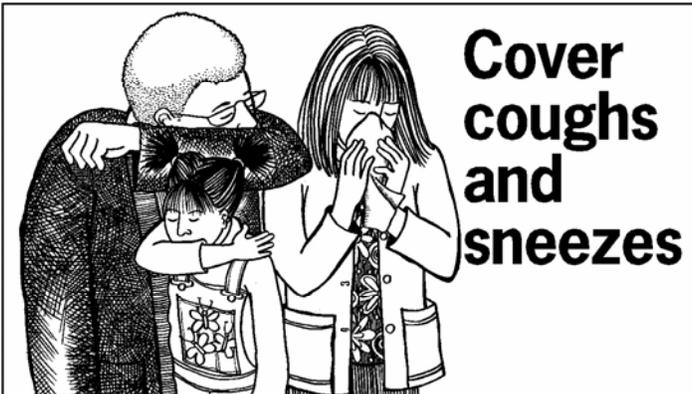
For more information, visit www.metrokc.gov/health/pandemicflu

Stop Germs, Stay Healthy!

**Wash hands often
for 20 seconds**



**Cover
coughs
and
sneezes**



**When
sick,
stay
home**

