

## Items to have on hand for an extended stay at home:

### Examples of food and non-perishables

- ⇒ Bottled water (recommended 1 gallon per person/pet per day)
- ⇒ Ready-to-eat canned meats, fruits, vegetables and soups
- ⇒ Dry cereal or granola
- ⇒ Peanut butter or nuts
- ⇒ Crackers
- ⇒ Food items for babies, elderly and pets

### Examples of medical, health and emergency supplies

- ⇒ Personal medications (one month supply)
- ⇒ Non-prescription drugs and other health supplies such as pain relievers and cough/cold medicines
- ⇒ First aid kit
- ⇒ Non-mercury thermometer
- ⇒ Protective masks and latex gloves
- ⇒ Emergency tools including battery-operated radio, flashlight and extra batteries
- ⇒ Non-electric can opener

## Prevent the Spread

### Family Emergency Health Information Sheet

It is important to think about health issues that could arise if a flu pandemic occurs. Create a family emergency health plan using this information:

#### Family Member(s) Information

Person \_\_\_\_\_

Blood type \_\_\_\_\_

Allergies \_\_\_\_\_

Medical conditions \_\_\_\_\_

Medications \_\_\_\_\_

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Hospital \_\_\_\_\_

Family physician(s) \_\_\_\_\_

Pharmacy \_\_\_\_\_

## Pandemic Flu Care at Home



### What is a Pandemic?

A pandemic is an illness that occurs in excess of what is normally found and it has spread globally. It is expected to be a cough that puts droplets in the air and spreads to other people when they breathe the same air. This illness is expected to come in waves of 6-8 weeks separated by several months. Every pandemic is different, so the medical staff cannot predict how the next one will respond.



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# Care at home for Pandemic Flu

## Recognize Pandemic Flu Symptoms

Watch for these symptoms:

- ⇒ Very tired
- ⇒ Sore throat
- ⇒ Runny or stuffy nose
- ⇒ Diarrhea
- ⇒ Body aches
- ⇒ Dry cough
- ⇒ Fever
- ⇒ Headaches

Call your physician at the first sign of the flu. **Serious** symptoms include:

- ⇒ Irritability and/or confusion
- ⇒ Difficult breathing or chest pain with each breath
- ⇒ Bluish skin
- ⇒ Sudden dizziness
- ⇒ Fever with a rash
- ⇒ Severe or persistent vomiting

## Practice Hand Hygiene

### Wash your hands often

- ⇒ Wet hands, apply soap and scrub for at least 20 seconds.
- ⇒ Thoroughly rinse under warm, running water.
- ⇒ Dry hands completely with paper towel. Use paper towel to turn faucet handles and open restroom doors.



## Spreading Pandemic Flu

These healthy habits will help keep you and others from getting and passing on the virus.

- ⇒ Clean your hands often with soap and water or alcohol-based hand sanitizer.
- ⇒ Cover your mouth and nose with a tissue when you cough or sneeze and clean your hands afterward. Put used tissues in a wastebasket.
- ⇒ Cough or sneeze into your upper sleeve if you don't have a tissue.
- ⇒ Keep your hands away from your eyes, nose and mouth to prevent germs from entering your body.

**Also, a person with signs of the flu should:**

- ⇒ Stay home from work, school and errands and avoid contact with others.
- ⇒ It may be beneficial to wear a surgical mask when around others.



## When a Household Member Is Sick

The flu virus is spread when contaminated droplets exit the mouth and nose of an infected person and the virus comes in contact with others. So, follow these tips to protect yourself and others in your home:

- ⇒ Keep everyone's personal items separate. All household members should avoid sharing computers, pens, papers, clothes, towels, sheets, blankets, food or eating utensils.
- ⇒ Disinfect door knobs, switches, handles, toys and other surfaces that are commonly touched around the home or workplace.

### Disinfectant:

- 1 gallon water
- 1/4 cup bleach

**Do not save old batches for later use.** Mix up a fresh batch every time you need to clean.

- ⇒ It is okay to wash everyone's dishes and clothes together. Use detergent and very hot water.
- ⇒ Wash your hands after handling dirty laundry.
- ⇒ Wear disposable gloves when in contact with or cleaning up body fluids.