

# Be Prepared for Pandemic Flu

*Preparing for pandemic flu can give you peace of mind and confidence and can help you, your family, and your community get through pandemic flu more successfully.*

- ✓ **Stock up.** Have at least two weeks supplies of food and water. Buy and store items as time and money allow.
  - Get foods that are nonperishable, and require little preparation or little or no water.
  - Plan for one gallon of water per person per day.
- ✓ **Check health care supplies.** Have 2 weeks or more of medications and other supplies. Renew prescriptions if necessary.
- ✓ **Plan home care for flu.** Have a thermometer, plenty of liquids and drinks to keep hydrated, alcohol hand rub or soaps, blankets, facemasks, and disposable gloves.
- ✓ **Talk with family about your pandemic and other emergency plans.**
- ✓ **Ask about and prepare for working from home.**
- ✓ **Know school plans and consider home learning activities for children.**
- ✓ **Work with neighbors, share emergency contacts.** Identify those who may need special help, such as the elderly, people who live alone, or people with disabilities.
- ✓ **Get involved in planning and preparedness in your community.** Contact your public health department, neighborhood association, or faith-based organization.



## STAY HEALTHY

- Get vaccinated against seasonal flu each year
- Eat a balanced diet
- Exercise regularly
- Get plenty of rest

## LIMIT THE SPREAD OF GERMS

- Stay home when sick
- Cover your coughs and sneezes
- Clean your hands