

Steps you and your Family can Take to be Prepared for Pandemic Flu.

- STOCK UP.** Have at least a two week supply 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, and those with disabilities.
- GET INVOLVED IN PLANNING AND PREPAREDNESS IN YOUR COMMUNITY.** Contact your public health department, neighborhood association, or faith-based organization.

PREPARING FOR PANDEMIC FLU can give you peace of mind and confidence. It can help you, your family, and your community cope with a flu pandemic more easily. You and your community can take actions that can help delay or reduce the impact of a pandemic. The VA, and all levels of governments, and others are taking steps to plan and prepare for pandemic flu. Use the information in this brochure to prepare yourself and your family for a flu pandemic.

STAY INFORMED WITH RELIABLE SOURCES:

- Your health care provider
- Your local VA
- National Web sites
www.pandemicflu.gov
www.publichealth.va.gov/flu
- Local and national news
- The Centers for Disease Control and Prevention (CDC)
Hotline at: 1-800-CDC-INFO (1-800-232-4636).



Infection: Don't Pass It On Team

U. S. Department of Veterans Affairs
VA Central Office (13)
810 Vermont Ave, NW
Washington, DC 20420
pandemicflu@va.gov

vaww.vhaco.va.gov/phshcg/Flu/pandemicflu.htm
(VA staff only)
www.pandemicflu.gov

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July 2007

Gen Audience 5

Be Prepared for Pandemic Flu



This information is provided by the U.S. department of Veterans Affairs (VA) for veterans, their families, friends, volunteers, employees and trainees. It describes steps that you, your family and friends can take to prepare for pandemic flu.

Prepare For Pandemic Flu Now

PANDEMIC FLU

Influenza is an illness from a virus that causes fever, coughing, muscle aches, and other symptoms that we refer to as flu.

A flu pandemic occurs when a new flu virus spreads to people all over the world.

Pandemic flu is not the same as seasonal flu. Every year people get sick from seasonal flu. Getting vaccinated (flu shot or nasal spray) can protect you from seasonal flu.

Pandemic flu might make you sicker than seasonal flu. It may also spread more easily from person to person. Vaccine for pandemic flu may not be ready at the start of a pandemic.

POTENTIAL IMPACT OF PANDEMIC FLU

Waves of pandemic flu may occur in communities for 6-8 weeks, then occur again months later. The country and the world could be affected for 1 to 2 years. During a pandemic, 3 (or more) in every 10 people could become ill. During a peak, 4 out of every 10 workers may miss work due to their own illness, caring for ill family, or other reasons. A pandemic could change our communities in many ways. For example:

- Schools may be dismissed for weeks.
- Public gatherings (sports, concerts, movies) may be cancelled.
- Public transportation could be limited.
- Businesses and public services may close or limit hours.
- Some people with flu symptoms may be asked to stay home or away from others while ill.
- Those exposed to illness may also be asked to stay away from others until it is clear any threat of illness has passed.

Item Checklist

Examples of food and nonperishables	Examples of medical, health, and emergency supplies
Ready-to-eat canned meats, fish, fruits, vegetables, beans, and soups	Prescribed medical supplies such as glucose and blood-pressure monitoring equipment
Protein or fruit bars	Medicines for fever, such as acetaminophen (e.g. Tylenol) or ibuprofen (e.g. Advil or Motrin)
Dry cereal or granola	Anti-diarrheal medication
Peanut butter or nuts	Vitamins
Dried fruit	Fluids with electrolytes (e.g. Gatorade, pedialyte)
Crackers	Thermometer
Canned juices	Facemasks, disposable gloves
Store-bought, sealed, bottled water	Regular or antimicrobial soap, water, or alcohol hand rub
Canned or jarred baby food and formula	Tissues, toilet paper, disposable diapers
Powdered milk	Feminine hygiene products
Other nonperishable items	Household cleaning supplies
Food and water for pets	Garbage bags
NOTE: <ul style="list-style-type: none"> • Change water every 6 months • Replace canned goods after 1 year. • Be mindful of expiration dates 	Manual can opener
	Flashlight
	Batteries
	Portable radio
	Cash (bills & coins)

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