

Pandemic Flu Planning Checklist

When it comes to pandemic flu, it can never be too early to plan ahead for your personal health and safety. The following checklist can help individuals and families to prepare for a possible flu pandemic or other emergency situations.

Create a store of emergency supplies

In the event of a flu pandemic, some day-to-day services may be disrupted including those provided by health care facilities, banks, stores (e.g. grocery stores and pharmacies), restaurants and government offices. Stockpiling essential supplies for you and your family is a good way to prepare for this possibility. The following list provides examples of non-perishable food items, health supplies and other items you should have in your home in the event of a flu pandemic.

Food and Water	Health Supplies	Other
Bottled water - at least two liters of water per person per day Ready-to-eat canned meats Canned fruit Dried fruit Canned vegetables Soup Protein bars Dry cereal/granola Peanut butter/nuts Crackers Canned juices Tetra-packed milk or soy beverage If applicable: Canned or jarred baby food/formula Pet food and water	Pain relievers/fever reducers (e.g. acetaminophen, ibuprofen) Stomach remedies Cough and cold medicine Anti-diarrhea medication Fluids with salt and sugar Vitamins Prescribed medical supplies such as glucose and blood-pressure monitoring equipment Thermometer Equipment for persons with disabilities	Soap Alcohol-based hand sanitizer Flashlight Batteries Battery powered or wind-up radio Manual can opener Garbage bags Tissues Toilet paper Candles and matches or lighter General first aid kit Extra keys for car and house Cash and change for payphones If applicable: Feminine hygiene products Disposable diapers Diaper wipes (in the event of a water shortage)

Quick Tips

Keep prescription medications filled. If you or anyone else in your household takes prescription medication, don't wait until it is finished to order more. Try to keep at least one month's supply on hand at all times.

Discuss care options with family members and other loved ones. If you will be bringing others into your home to care for them in the event of a flu pandemic, discuss what health supplies, special foods or other items they require. Add those items to your emergency supply list.

Fill out an Emergency Health Information sheet. Include blood type, allergies, pre-existing medical conditions and a list of current medications (type and dose) for each member of your household.



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