



Keep Your Cupboards Full

BE PREPARED

Experts believe a worldwide outbreak, or pandemic, of influenza will happen someday. The exact timing is not known, but it is certain our everyday lives will drastically change during a pandemic. These changes may include temporary closing of schools or cancellation of events, disruption of normal services such as utilities and some shortages. There are things you can do now to prepare. Take time to understand the needs of your household; and take action to help lessen the impact of an influenza pandemic on you and your family.

When preparing for a possible emergency situation such as pandemic influenza, it's best to think first about the basics of survival, including fresh water, food and medical supplies. Because it may be necessary to protect yourself and others from spreading the flu virus, you may be asked to remain in your home for several days. You can prepare now by stocking emergency supplies. Experts recommend you have at least a one-week supply of food, water, and goods purchased over time to limit the financial impact and prevent store shortages. This can also be accomplished by keeping your cupboards full.

STORE A SUPPLY OF DRINKING WATER AND FOOD

Seal water containers tightly, label them with a date and store in a cool, dark place. Rotate water every six months or buy bottled water.

- Bottled and/or filtered water – recommend at least one gallon of water per person per day, for drinking and sanitation. Store water tightly in clean plastic containers such as soft drink bottles.
 - Children, nursing mothers and sick people may need more water.

EXAMPLES OF FOOD AND NON-PERISHABLES

- Ready-to-eat canned meats, fruits, vegetables and soups
- Rice
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter or nuts
- Dried fruit
- Crackers
- Canned juices
- Canned or jarred baby food and formula
- Pet food and prescriptions

MEDICAL, FIRST-AID AND HYGIENE SUPPLIES

Have non-prescription drugs and other health supplies on hand. Be sure to periodically rotate medications. It is also a good idea to have medical information for all family members documented

and packaged with your kit. This medical history document should include the following for everyone: allergies; past and current medical conditions; and current medications and dosages.

- Prescription medications
- Prescribed medical supplies such as glucose and blood-pressure monitoring equipment
- Soap and/or alcohol-based hand sanitizer
- Tissues, toilet paper and disposable diapers
- Medicines for fever, such as acetaminophen, ibuprofen or aspirin
- Thermometer
- Vitamins
- Fluids with electrolytes such as sports drinks

EMERGENCY SUPPLIES

- Flashlight
- Portable, battery-powered radio
- Batteries for flashlight, radio and any medically-prescribed equipment
- Manual can opener
- Garbage bags
- Camping or other stand-alone stove and fuel

GET INFORMED

To see what the State of Ohio is doing to prepare for a pandemic visit

<http://www.ohiopandemicflu.gov>. This inter-agency Web site includes many resources for Ohioans:

- Planning resources for Ohio's families, schools, businesses, communities, health care providers and local governments.
- Fact sheets, questions and answers, multi-media files, brochures and more.
- Quarterly planning newsletters – subscribe here.

For more information on national pandemic flu planning, visit the U.S. Health and Human Services Web site <http://www.pandemicflu.gov>. This Web site includes some of the following resources:

- Planning checklists.
- Family emergency health information sheet.
- Emergency contacts form.
- Strategies to mitigate pandemics.

The World Health Organization Web site <http://www.who.int/en/> provides updates on avian influenza around the world in several languages. Other resources include:

- Advice for travelers.
- Frequently asked questions.
- Industry guidelines.

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