

# Pandemic Planning Checklist for Individuals & Families

You can prepare for a pandemic now. You should know both the magnitude of what can happen during a pandemic outbreak and what actions you can take to help lessen the impact of a pandemic on you and your family. This checklist will help you gather the information and resources you may need in case of a pandemic.

## 1. To plan for a pandemic:

COMPLETED	IN PROGRESS	NOT STARTED	
			Store a two week supply of water and food. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies, such as power outages and disasters.
			Periodically check your regular prescription drugs to ensure a continuous supply in your home.
			Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.
			Volunteer with local groups to prepare and assist with emergency response.
			Get involved in your community as it works to prepare for a pandemic.

## 2. To limit the spread of germs and prevent infection:

COMPLETED	IN PROGRESS	NOT STARTED	
			Teach your children to wash hands frequently with soap and water, and model the current behavior.
			Teach your children to cover coughs and sneezes with tissues, and be sure to model that behavior.
			Teach your children to stay away from others as much as possible if they are sick. Stay home from work and school if sick.

**3. Items to have on hand for an extended stay at home:**

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		Soap and water, or alcohol-based (60-95%) hand wash
	Dry cereal or granola		Medicines for fever, such as acetaminophen or ibuprofen
	Peanut butter or nuts		Thermometer
	Dried fruit		Anti-diarrheal medication
	Crackers		Vitamins
	Canned juices		Fluids with electrolytes
	Bottled water		Cleansing agent/soap
	Canned or jarred baby food and formula		Flashlight
	Pet food		Batteries
	Other nonperishable foods		Portable radio
			Manual can opener
			Garbage bags
			Tissues, toilet paper, disposable diapers