

Pandemic Flu Family & Individual CHECKLIST

You can prepare for an influenza 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 an influenza pandemic on you and your family. This checklist will help you gather the information and resources you may need in case of a flu pandemic.

To plan for a pandemic:

Completed	In Progress	Not Started	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Store a 2 week supply of water and food. It will be important if you cannot make it to a store in case of emergency.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Contact your doctor and insurance company to obtain an extra supply of prescription drugs.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Make sure to have nonprescription and other health supplies (i.e. cold medicines, vitamins, pain relievers) available.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Communicate with your family members and loved ones about how they will be cared for if they become ill or what will be needed to care for them.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Involve yourself with your community by volunteering with local groups to assist in case of emergency.

To limit the spread of germs and prevent infection:

Completed	In Progress	Not Started	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Teach your children to wash hands frequently with soap and water, and model the current behavior.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Teach your children to cover coughs and sneezes with tissues, and model the current behavior.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Teach your children to stay away from others as much as possible if they are sick. Stay home from work and school if sick.

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Logan County

"Assuring the Health and Safety of Logan County residents."

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

Examples of food & non-perishables	Examples of medical, health, & emergency supplies
<input type="checkbox"/> Ready-to-eat canned meats, fish, fruits, vegetables, beans, and soups <input type="checkbox"/> Protein or fruit bars <input type="checkbox"/> Dry cereal or granola <input type="checkbox"/> Peanut butter or nuts <input type="checkbox"/> Dried fruit <input type="checkbox"/> Crackers <input type="checkbox"/> Canned juices <input type="checkbox"/> Bottled water <input type="checkbox"/> Canned or jarred baby food and formula <input type="checkbox"/> Pet food <input type="checkbox"/> Other non-perishable foods	<input type="checkbox"/> Prescribed medical supplies such as glucose and blood-pressure monitoring equipment <input type="checkbox"/> Soap and water, or alcohol-based (60-95%) hand wash <input type="checkbox"/> Medicines for fever, such as acetaminophen or ibuprofen <input type="checkbox"/> Thermometer <input type="checkbox"/> Anti-diarrheal medication <input type="checkbox"/> Vitamins <input type="checkbox"/> Fluids with electrolytes <input type="checkbox"/> Cleansing agent/soap <input type="checkbox"/> Flashlight <input type="checkbox"/> Batteries <input type="checkbox"/> Portable radio <input type="checkbox"/> Manual can opener <input type="checkbox"/> Garbage bags <input type="checkbox"/> Tissues, toilet paper, disposable diapers