

# Take 5 PANDEMIC FLU PLANNING

**Take 5 ways to plan.** You and your family can start preparing now for a flu pandemic in 5 steps.

**Take 5 days to rest.** If you get the flu during a pandemic, health officials estimate it will take about 5-7 days to recover.

- 1 Store food and water:** store one gallon of water per person per day to cover at least three days. Keep kitchen stocked with canned meats, fruits, vegetables and soups, as well as nonperishable food like granola bars, peanut butter and dried fruit. If there is an infant to care for, be sure to have baby food, formula and other supplies on hand. Store extra pet food for animals.
- 2 Limit the spread of disease:** stay at home when you are sick. Use a tissue when sneezing or coughing. Most importantly, practice good handwashing. Be sure to teach these good habits to children.
- 3 Medication:** Have a supply of any prescription drugs you take on hand. Also, have nonprescription drugs and other health supplies available (stomach remedies, medicines for fever, cough and cold medicines and fluids with electrolytes.)
- 4 Communicate and stay informed:** listen for health reports on the radio or television. Go to [health.jocogov.org](http://health.jocogov.org) for information. Keep an emergency contact list for family, friends, or others that might need your care. (fill out contact list on back)
- 5 Emergency kit:** keep an emergency kit in case other emergencies arise, like a power outage. Items to include, in addition to items already mentioned, are batteries, flashlight, battery-powered radio, first aid kit, prescription medicine, extra money, credit card(s) and sturdy trash bags. Put items in a container you can easily carry.

Visit the Johnson County Health Department's web site at [health.jocogov.org](http://health.jocogov.org) to print this information. Our web site also offers more information for schools and businesses.



**Stay Connected** - know how to get in touch with family or others who may need your care.

name					
date of birth					
social security no.					
day phone					
evening phone					
doctor name/no.					
medical info.					
insurance info.					

**Supply Checklist** - pick up these items when out shopping. Purchase small amounts at a time to build up your stocks. If you know someone who has trouble getting out, please pick these items up for them.

- canned juices
- canned food
- manual can opener
- cereal or granola bars
- formula or baby food
- pet food
- vitamins
- NOAA weather radio
- flashlight
- fever medicine (ibuprofen)
- fluids with electrolytes
- anti-diarrheal medication
- tissues, toilet paper, disposable diapers
- garbage bags
- batteries for radio and flashlight
- cleansers (soap or alcohol-based hand sanitizer)
- bottled water (1 gallon per person, per day)
- thermometer

**Be Ready for any Emergency**

**Choose two locations where family will meet if separated by disaster**

**Keep originals of legal documents in off-site safe-deposit box:**

- birth certificate
- marriage certificate
- social security cards
- military discharge
- previous year tax returns
- life insurance policies
- naturalization documents
- attorney's contact information
- health insurance ID cards
- real estate deeds of trust
- last will and testament
- passport

**Know emergency plans for:**

- workplace
- child's school or day care
- special care facility
- your family and those who may need your care

