

plan now

Pandemic Flu Planning Checklist for Individuals and Families

AT HOME

Store water, food, and other essentials. Prepare to get by for at least 2 weeks on what you have at home (see sidebar below).

Store medical and health supplies. Ask your healthcare provider for a prescription for an extra supply of your regular drugs. Keep health supplies and non-prescription drugs on hand (see sidebar on next page).

Make household emergency plans.

- Prepare for possible changes in healthcare. For example, medical



advice and healthcare may be more difficult to obtain during a severe pandemic. There may not be enough medical supplies, healthcare providers, and hospital beds for all persons who are ill.

- Difficult decisions about who receives medical care and how much treatment can be administered will be necessary. Talk about these possibilities with your family and loved ones.
- In a severe pandemic, you may be advised to stay away from others and from public places as much as possible. Plan to limit the number of trips you take to run errands.
- Think about how you would care for people in your family who have disabilities if support services are not available.
- Decide who will take care of children if schools are closed.

ONLINE RESOURCES:

PandemicFlu.gov
www.CDC.gov/h1n1flu/
www.HHS.gov
www.PandemicFlu.Utah.gov



AT WORK

Prepare to stay at home. Staying at home from work when you are sick is the most important thing you can do to protect others.

Know policies. Ask your employer or union about sick leave and policies about absences, time off, and telecommuting.

Encourage planning. Every business, organization and agency should have a plan for making sure essential work can get done if large numbers of employees are absent over many months. You may be asked to perform duties that are not typically part of your job.

Explore other ways to get your work done. Find ways to reduce personal contact, such as increased use of emails or phone conferences. Plan to work from home whenever possible.

(Continued on next page)

Examples of Nonperishable Food	Examples of Other Emergency Supplies
<ul style="list-style-type: none"> • Canned meats • Canned beans, fruits, vegetables, soups • Protein or fruit bars • Dry cereal or granola • Dried fruit • Peanut butter • Nuts and trail mix • Crackers • Comfort food, including cookies, candy, instant coffee, tea bags • Canned juices • Bottled water • Baby formula and baby food 	<ul style="list-style-type: none"> • Pet food, cat litter • Disposable diapers • Feminine supplies • Flashlight • Portable radio • Batteries • Manual can opener • Plastic garbage bags • Tissues and toilet paper • Entertainment — games, crafts, books, movies, etc. • Supplies for persons with special needs — the elderly or disabled • Some extra cash