

FLU PANDEMIC ~ AVIAN FLU MY EMERGENCY CHECKLIST

Having supplies on hand and planning in advance of a crisis will be extremely important if there is a flu pandemic. Use these guidelines for your own home and family, but also think about your elderly/infirm relatives and make a plan for them as well.

1. Make a list of emergency phone numbers including:

Fire_____

Physician_____

Police_____

Key Family Members

Electric/Gas _____

Gather supplies for 1-2 weeks:

- ~ Buy non-perishable foods and keep them in a cool, dry spot (ideally your basement). Replace items periodically if the “use by” date expires.
- ~ Recommendations: canned soup/stew, fruit, vegetables, cereal/protein/granola bars, crackers, juices, peanut butter, pasta etc. (You will have electricity and gas to cook)
- ~ Have multiple gallons of water available. Recommendations are: ½ - 1 gallons per person in your home Extra needed for pets. (You should have running water)
- ~ Medical essentials: fever and pain relief medication, thermometer, protective masks
- ~ Medications: ask your physician about appropriate quantities of medications to keep on hand.
- ~ Have a strong flashlight, a portable radio and extra batteries for both of these.
- ~ Manual can opener, hand sanitizer etc

If you are a hospice patient and need emergency, medical care, we will do our best to arrange transportation to the nearest appropriate medical facility. Call the Hospice if you need help obtaining medications, supplies or equipment.

Resources

- www.pandemicflu.gov
- www.who.int
- 1-800-CDC-INFO (Center for Disease Control)
- 1-888-232-6348 (TTY)