

Pandemic Flu Preparation Packet

Pandemic Flu Planning Worksheet

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Family Health Information Sheet

Care Log

Cooperatively developed September, 2006 by:



Kansas State University Agricultural Experiment
Station and Cooperative Extension Service



Flint Hills Red Cross
2601 Anderson Ave.
Manhattan, KS 66502
785-537-2180
www.thinkred.org

Pandemic Flu Planning Worksheet

- ❖ If someone in my household shows signs and symptoms of the flu, the caregiver will be:
- ❖ If the primary caregiver shows signs and symptoms of the flu, the next caregiver will be:
- ❖ If members of my household have to be separated for a period of time, they will stay:
- ❖ Complete “Family Health Information” and “Emergency Contacts” sheet.

Supplies

- ❖ Using the Guidelines, make a shopping list and buy the items that you do not already have on hand.

Accurate information

- ❖ Listen to the local radio station for advice from the local Health Department.
- ❖ On the internet:
www.pandemicflu.gov
- This is the only official government site.

www.thinkred.org

- This is the local Red Cross website, in addition to general information about the flu, the site will have the schedule and information about the Home Care class, Preparedness guidelines, audio downloads of radio programs and other useful information.

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Medical Supply Guidelines

- ❖ Be sure you have an extra month's supply of all medicines, both prescription and non-prescription. Have a photocopy of your prescriptions.
- ❖ Be sure you have medical history information for each household member.
- ❖ Have extra eyeglasses, contact lenses & supplies, denture needs and hearing aid batteries.
- ❖ Attend "Home Care for Pandemic Flu" class offered by Red Cross and others.

Flu care needs:

- N95 masks – available on-line, at hardware stores & limited supply at Red Cross office
- Box of disposable gloves
- Protective eyewear
- Alcohol based antiseptic spray (like Lysol) – 1 can per person
- Isopropyl alcohol – 1 bottle per person
- Antiseptic wipes and alcohol based hand sanitizer
- Bleach – 1/2 gallon per person
- Separate thermometer for each person in household
- Fever reducing medication: acetaminophen, aspirin or ibuprofen - 60 pills per person
- Cold & cough medicine (decongestant/expectorant) 1 bottle per person
- Fluids with electrolytes – available at grocery or pharmacy
 - Home preparation: baking soda, table salt, salt substitute ("lite" salt), sugar, flavor with lemon juice or sugarless Kool-Aid®
- Facial tissues & paper towels (1 box and 1 roll per person)

Check your medicine cabinet and add additional supplies as needed

- Anti-diarrhea medication
- Laxative
- Antacid (for stomach upset)
- Vitamins
- Syrup of Ipecac & activated charcoal (use only if advised by the Poison Control Center)
- Antibacterial ointment
- Butterfly closures
- Adhesive bandages in assorted sizes
- Sterile gauze pads
- Small sterile roller bandages
- Adhesive tape
- Tweezers
- Scissors
- Medicine dropper & measuring spoon

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Food Supply Guidelines

- ❖ Only buy food that is normally on your cupboard shelves that your family enjoys eating. You will use and replace this emergency food to keep it fresh.
- ❖ During a flu crisis, the power supply may be interrupted. Canned and dry foods that do not require cooking, water or special preparation should be a major part of your supply. Be sure to have a manual can opener stored with food.
- ❖ Keep food stored in a dry, cool spot, protect from freezing or extreme heat. Be sure to date items and have a list of items in each storage box or shelf. Never use a damaged or bulging can.

How Much Food is Needed?

- ❖ To figure the amount of food to store for your household, first add up one day's requirement and then multiply that amount by 14

For example, if in one day a family of 4 ate:

5 cups of cereal, 3 cups of powdered milk, 1 cup of milk flavoring, 2 cans of fruit, 1/2 box of crackers, 2 cans of soup, half a bottle of cheese spread, 1/2 cup of peanut butter, 2 cans of vegetables, large can of baked beans, can of prepared ham, 1 cup of pickles, 1 package of pudding, 1/4 bag of cookies

For two weeks they would need:

- 3-5 - 20oz boxes of cereal
- 4 - 8qt boxes- powdered milk
- 4 - Powdered chocolate milk flavoring
- 28 - Cans of fruit
- 4-7 - Boxes of crackers
- 28 - Cans of soup
- 6 - Bottles/packages of cheese spread
- 6 - Jars of peanut butter
- 20 - Cans of vegetables
- 6 - Large cans of baked beans
- 8 - Cans/packages of protein food (canned meat or fish, chili, etc.)
- 10 - Boxes of instant pudding/Jello
- Plus other "comfort foods"

Remember – buy only what your family normally eats and rotate supplies.

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Basic Daily Needs & Household Supply Guidelines

- ❖ Most of these items are normally on your shelves. You will need an extra bottle or container of these items in your emergency supply box to last for 2 to 4 weeks.

For a family of four you might need:

- Soap, shampoo, toothpaste, deodorant, feminine hygiene needs
- Liquid detergent – 1 large bottle
- Household chlorine bleach – ½ gallon per person in household (very important!)
- Disinfectant spray, wipes – 2 cans
- Paper towels, tissues, toilet paper (Lots!)
- Disposable plates, cups, utensils
- Flexible straws for sipping liquids
- Aluminum foil, zip-lock bags
- Garbage bags (lots), plastic bucket with tight lid
- Furnace filter

It will very important to have enough batteries:

- Flashlight/lantern & batteries
- Clock & batteries
- Radio & batteries
- Fire extinguisher: small canister, ABD type
- Cell phone battery

Baby Needs

- Formula, bottles, powdered milk, medications, disposable diapers

Children

- Games (and batteries if needed), books, art & crafts supplies

Pets

- ❖ During a flu crisis pets should be kept either in or outdoors. Wash your hands after touching your pets.
 - Dry and canned food (minimum two-week supply)
 - Medications
 - Water (1/2 gallon per day)
 - Litter box supplies
 - Traveling cage

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Other Important Considerations

- ❖ Think about who will care for children/people with special needs if adults in the household are ill. Are there other family members or neighbors who can fill in? Make those plans now and communicate them to all who need to know.

- ❖ Organize all important family documents; keep these records in a waterproof, portable container. Additional information on how to organize this information is available from your county extension office.
 - Will
 - Insurance policies
 - Contracts, deeds, stocks and bonds
 - Passports, social security cards, immunization records
 - Bank account numbers
 - Credit card account numbers and companies
 - Inventory of valuable household goods, important telephone numbers
 - Birth certificates, marriage records, death certificates

- ❖ Have some cash on hand in small denominations.

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Emergency Contacts

Contacts Type	Name and Phone Number
Local personal emergency contact	
Out-of-town personal emergency contact	
Hospitals near work	
Hospitals near school	
Hospitals near home	
Family physician(s)	
State public health department (See list on www.pandemicflu.gov)	
Pharmacy	
Employer contact and emergency information	
School contact and emergency information	
Religious/spiritual organization	
Veterinarian	
(Other)	

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Family Health Information Sheet

It is important to think about health issues that could arise if an influenza pandemic occurs, and how they could affect you and your loved ones. For example, if a mass vaccination clinic is set up in your community, you may need to provide as much information as you can about your medical history when you go, especially if you have a serious health condition or allergy. This can also help prepare for other emergencies.

Family Member	Blood Type	Allergies	Past/Current Medical Conditions	Current Medications/ Dosages	In Case of Emergency Contact

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CARE LOG

DATE	TIME	TEMP.	SYMPTOMS	TYPE/DOSE OF MEDICINE

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