



Pandemic Preparedness Plan

TO AVOID GETTING SICK	
Always practice good health habits to maintain your body's resistance to infection.	<input type="checkbox"/>
<input type="checkbox"/> Eat a balanced diet. <input type="checkbox"/> Drink plenty of fluids. <input type="checkbox"/> Exercise daily. <input type="checkbox"/> Manage stress. <input type="checkbox"/> Get enough rest and sleep	
Take these common sense steps to stop the spread of germs:	<input type="checkbox"/>
<input type="checkbox"/> Wash hands frequently with soap and water or an alcohol-based hand sanitizer. <input type="checkbox"/> Avoid or minimize contact with people who are sick (a minimum three feet distancing is recommended). <input type="checkbox"/> Avoid touching your eyes, nose and mouth. <input type="checkbox"/> Cover your mouth and nose with tissues when you cough and sneeze. If you don't have a tissue, cough or sneeze into the crook of your elbow. <input type="checkbox"/> Stay away from others as much as possible when you are sick.	
Stay away from others as much as possible when you are sick.	<input type="checkbox"/>
Get a flu shot every year. Vaccination is one of the most effective ways to minimize illness and death. Two shots will be needed for the 2009 flu season - one for seasonal flu and one for H1N1 flu.	

TO PLAN FOR A PANDEMIC:	
Store a supply of water and food. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies, such as power outages and disasters.	<input type="checkbox"/>
Ask your doctor and insurance company if you can get an extra supply of your regular prescription drugs.	<input type="checkbox"/>
Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins	<input type="checkbox"/>
Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.	<input type="checkbox"/>
Volunteer with local groups to prepare and assist with emergency response.	<input type="checkbox"/>
Get involved in your community as it works to prepare for an influenza pandemic.	<input type="checkbox"/>

FAMILY SURVIVAL PLANS

TO LIMIT THE SPREAD OF GERMS AND PREVENT INFECTION:	
Teach your children to wash hands frequently with soap and water, and model the correct behavior.	<input type="checkbox"/>
Teach your children to cover coughs and sneezes with tissues, and be sure to model that behavior.	<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.	<input type="checkbox"/>

ITEMS TO HAVE ON HAND FOR AN EXTENDED STAY AT HOME:			
Examples of food and non-perishables		Examples of medical, health, and emergency supplies	
<input type="checkbox"/>	Ready-to-eat canned meats, fruits, vegetables, and soups	<input type="checkbox"/>	Prescribed medical supplies such as glucose and blood-pressure monitoring equipment
<input type="checkbox"/>	Protein or fruit bars	<input type="checkbox"/>	Soap and water, or alcohol-based hand wash
<input type="checkbox"/>	Dry cereal or granola	<input type="checkbox"/>	Medicines for fever, such as acetaminophen or ibuprofen
<input type="checkbox"/>	Peanut butter or nuts	<input type="checkbox"/>	Thermometer
<input type="checkbox"/>	Dried fruit	<input type="checkbox"/>	Antidiarrheal medication
<input type="checkbox"/>	Crackers	<input type="checkbox"/>	Vitamins
<input type="checkbox"/>	Canned juices	<input type="checkbox"/>	Fluids with electrolytes
<input type="checkbox"/>	Bottled water	<input type="checkbox"/>	Cleansing agent/soap
<input type="checkbox"/>	Canned or jarred baby food and formula	<input type="checkbox"/>	Flashlight
<input type="checkbox"/>	Pet food	<input type="checkbox"/>	Batteries
<input type="checkbox"/>		<input type="checkbox"/>	Portable radio
<input type="checkbox"/>		<input type="checkbox"/>	Manual can opener
<input type="checkbox"/>		<input type="checkbox"/>	Garbage bags
<input type="checkbox"/>		<input type="checkbox"/>	Tissues, toilet paper, disposable diapers