

## Household Flu Preparedness Checklist

As many as 1 in 4 people could get sick during a pandemic, with many of them seriously ill. Services and supplies we count on everyday may not be available. Every individual and family could be on their own, without care, for quite a while. This makes being prepared even more important.

Make sure you have these items to prepare for a pandemic flu.

### HOUSEHOLD FLU PREPAREDNESS CHECKLIST

#### TO PLAN FOR A PANDEMIC

	Two weeks worth of food for you and your family. This should be food that does not need refrigeration (canned meats and fish, beans, soups, fruits, and dry goods like flour, salt and sugar)
	Two weeks of water in sealed, unbreakable containers. If water service is disrupted, plan on one gallon for each person for each day, for up to two weeks.
	Two weeks worth of prescription medicines
	Two weeks worth of ibuprofen or acetaminophen (Tylenol) for each person in the house for fever and pain
	Two weeks supply of other non-prescription drugs and health supplies such as cough and cold medicine, stomach remedies, and vitamins for each person in the house
	Rehydration solution (such as Pedialyte for children and Gatorade for adults and teens)
	Thermometer

#### 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.
	Teach your children to cover coughs and sneezes with tissues, and be sure to model that behavior.
	Teach your children to stay away from others as much as possible if they are sick. Stay home from work and school if sick.
	Supply of face masks for each person in the house
	Supply of plastic gloves for each person in the house
	Soap, disinfectants, and chlorine bleach for routine cleaning and disinfecting

#### OTHER EMERGENCY SUPPLIES

	Cell phone and charger
	Flashlight
	Portable radio and batteries
	Manual can opener
	Garbage bags
	Tissues, toilet paper, disposable diapers

Champaign Health District  
 1512 S US Highway 68, Suite Q100  
 Urbana, OH 43078  
 937-484-1605  
[www.champaignhd.com](http://www.champaignhd.com)



**Public Health**  
 Prevent. Promote. Protect.