

## **Emergency Preparedness for H1N1 Influenza Pandemic**

Experts recommend everyone should be self-sufficient for two to four weeks in an event of a natural disaster such as a possible H1N1 influenza pandemic.

Maintaining the following items for this duration will be helpful in minimizing day-to-day disruptions and assure your comfort along with personal safety.

- Water and food. Bottled water of up to a gallon a day is idea along with foods easy to prepare such as heat-and-eat items are recommended. Helpful food items to have on hand may include:
  - ready-to-eat canned meats, fish, fruits, vegetables, soups, and stews
  - protein or fruit bars
  - dry cereal or granola
  - peanut butter, nuts, dried fruit, and crackers
  - canned juices, gatorade, powerade, and bottled water
  - other nonperishable foods
- Stock up on over-the-counter medications for flu-like symptoms such as fever, coughing, sore throat, diarrhea, and vomiting.
- Work with your physician to ensure an adequate supply of prescription medication. Ask your physician and insurance carrier for a ninety day supply of your regular prescription medications.
- Prescribed medical supplies such as glucose monitoring equipment, incontinence items, etc...
- Kleenex, toiletries, soap, and alcohol-based hand sanitizer
- Household disinfectant cleaning supplies
- Disposable paper plates and plastic utensils for simplicity
- A copy of your emergency contact sheet and prescription drugs currently being taken
- Month's supply of pet food
- Any other special needs items for children, seniors and people with disabilities