

# Influenza (Flu) Guide for Individuals and Families

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## Special points of interest:

- Checklist needed for individuals and families to prepare for influenza pandemic
- Supply list for extended home stay
- Emergency Contact information sheet
- Family Health Information sheet

## BE PREPARED

An influenza (flu) pandemic can occur when a widespread outbreak of disease appears that people have not been exposed to before. A pandemic is different from seasonal outbreaks of influenza. Seasonal flu outbreaks are due to viruses that people have already been exposed to; a flu shot is available to help prevent widespread illness. Pandemic flu spreads from person to person easily and cause serious illness because people are not immune to the new type of virus.

Pandemics can come

and go in waves; this can last for months at time. Everyday life may be disrupted due to communities across the country becoming ill at the same time. The disruptions can include everything from school and business closings to interruption of basic services such as public transportation, and health care. A high level of illness, death, social disruption, and economic loss may occur due to a severe influenza pandemic.

**It is important to start getting ready for challenges that might occur if a pandemic occurs.**



## Checklist for Individuals and Families

Preparation for an influenza pandemic should be done before an outbreak occurs. These actions may help lessen the impact of an influenza pandemic on you and your family.

This checklist will help you gather information and resources needed in case of an influenza pandemic.

## Planning for a Pandemic

- Store a two week 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 to have extra supplies on hand. This can be useful in other types of emergencies, such as power outages and disasters.
- Periodically check your regular prescription drugs to ensure a continuous supply in your home.
- Have nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- 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 the home.
- Volunteer with local groups to prepare and assist with emergency response.
- Get involved in the community as they work to prepare for an influenza pandemic.

“Preparedness is not just about stockpiling, it’s about having an actual plan.”  
 Mike Ryan, MD  
 Director of Surveillance and Response, World Health Organization, (2009).

### Family Health Information Sheet

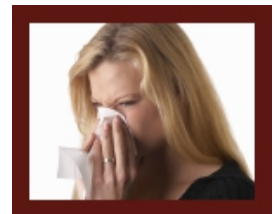
Family Member	Blood Type	Allergies	Past/ Current Medical Conditions	Current Medications/ Dosages

# Emergency Contact Information

Contacts	Name/Phone Number
Local personal emergency contact	
Out-of-town personal emergency contact	
Hospitals near:            Work	
School	
Home	
Family physician(s)	
State public health department (See list on <a href="http://www.pandemicflu.gov/state/statecontacts.html">www.pandemicflu.gov/state/statecontacts.html</a> )	
Pharmacy	
Employer contact and emergency information	
School contact and emergency information	
Religious/spiritual organization	

## LIMITING THE SPREAD OF GERMS AND PREVENTING INFECTION

- Teach your children and family to wash their hands frequently with soap and water; model the behavior.
- Teach your children and family to cover coughing and sneezing with tissues or use your sleeve to cover coughing and sneezing; model the behavior.
- If you or others are sick, stay away from others as much as possible. Stay home from work, school or large gatherings if sick.



## Suggested Items for Extended Home Stay

Epidemiology Department  
 University of New Mexico  
 Hospitals  
 2211 Lomas Boulevard, NE  
 Albuquerque, New Mexico  
 87106

<http://hospitals.unm.edu/>

Additional Information  
 Can be found at  
[www.panflu.gov](http://www.panflu.gov)



Examples of food and non-perishables	Examples of medical, health, and emergency supplies
<ul style="list-style-type: none"> <li>○ Ready-to-eat canned meats, fish, fruits, vegetables, beans, and soups</li> </ul>	<ul style="list-style-type: none"> <li>○ Prescribed medical supplies such as glucose and blood-pressure monitoring equipment</li> </ul>
<ul style="list-style-type: none"> <li>○ Protein or fruit bars</li> </ul>	<ul style="list-style-type: none"> <li>○ Soap and water, or alcohol-based (60-95%) hand wash</li> </ul>
<ul style="list-style-type: none"> <li>○ Dry cereal or granola</li> </ul>	<ul style="list-style-type: none"> <li>○ Medicines for fever, such as acetaminophen or ibuprofen</li> </ul>
<ul style="list-style-type: none"> <li>○ Peanut butter or nuts</li> </ul>	<ul style="list-style-type: none"> <li>○ Thermometer</li> </ul>
<ul style="list-style-type: none"> <li>○ Dried fruit</li> </ul>	<ul style="list-style-type: none"> <li>○ Anti-diarrheal medication</li> </ul>
<ul style="list-style-type: none"> <li>○ Crackers</li> </ul>	<ul style="list-style-type: none"> <li>○ Vitamins</li> </ul>
<ul style="list-style-type: none"> <li>○ Canned juices</li> </ul>	<ul style="list-style-type: none"> <li>○ Fluids with electrolytes</li> </ul>
<ul style="list-style-type: none"> <li>○ Bottled water</li> </ul>	<ul style="list-style-type: none"> <li>○ Cleansing agent/soap</li> </ul>
<ul style="list-style-type: none"> <li>○ Canned or jarred baby food and formula</li> </ul>	<ul style="list-style-type: none"> <li>○ Flashlight</li> </ul>
<ul style="list-style-type: none"> <li>○ Pet food</li> </ul>	<ul style="list-style-type: none"> <li>○ Batteries</li> </ul>
<ul style="list-style-type: none"> <li>○ Other non-perishable items</li> </ul>	<ul style="list-style-type: none"> <li>○ Portable radio</li> </ul>
	<ul style="list-style-type: none"> <li>○ Manual can opener</li> </ul>
	<ul style="list-style-type: none"> <li>○ Garbage bags</li> </ul>
	<ul style="list-style-type: none"> <li>○ Tissues, toilet paper, disposable diapers</li> </ul>

