

Personal Emergency Kit Checklist

You can prepare for pandemic influenza now. You should know both the magnitude of what can happen during a pandemic outbreak and what actions you can take to help lessen the impact of pandemic influenza on you and your family. This checklist will help you gather the information and resources you may need in case of an influenza pandemic.

1. *To plan 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 for you to have extra supplies on hand. This can also be useful in other types of emergencies, such as power outages and natural disasters.
- Periodically check your regular prescription drugs to ensure a continuous supply in your home.
- Have non-prescription 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 your home.
- Volunteer with local groups to prepare and assist with emergency response.
- Get involved in your community as it works to prepare for an influenza pandemic

2. *To limit the spread of germs and prevent infection:*

- Teach your children to wash their hands frequently with soap and water, and model the correct behaviour.
- Teach your children to cover coughs and sneezes with tissues, and be sure to model that behaviour.
- Teach your children to stay away from others as much as possible if they are sick. Stay home from work and school if sick.

3. *Items to have on hand for an extended stay at home:*

| Examples of food and non-perishables | Examples of medical, health and emergency supplies |
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| <input type="checkbox"/> Ready-to-eat canned meats, fish, fruits, vegetables, beans 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 (60%-95%) hand wash and Wet Ones (baby wipes) |
| <input type="checkbox"/> Dry cereal or granola | <input type="checkbox"/> Medicine 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"/> Anti-diarrheal medication |
| <input type="checkbox"/> Crackers | <input type="checkbox"/> Vitamins |
| <input type="checkbox"/> Canned juices | <input type="checkbox"/> Fluids with electrolytes (sport drinks, Pedialyte) |
| <input type="checkbox"/> Bottled water--a minimum of two litres per person per day | <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 and water for pets. | <input type="checkbox"/> Batteries |
| <input type="checkbox"/> Other non-perishable foods. | <input type="checkbox"/> Portable radio |
| <input type="checkbox"/> Tetra-packs of milk or soy beverages. | <input type="checkbox"/> Manual can opener |
| | <input type="checkbox"/> Garbage bags |
| | <input type="checkbox"/> Tissues, toilet paper, disposable diapers and, feminine hygiene supplies. |
| | <input type="checkbox"/> Candles and matches or lighters |
| | <input type="checkbox"/> General first aid kit |
| | <input type="checkbox"/> Cough and cold medicine |
| | <input type="checkbox"/> Cash and change |