



Preparing for a Flu Pandemic: Community

Community

- What is my community's emergency response plan?
- What other information sources are available (e.g., public health hotlines)?
- Are there people in my community, such as elderly neighbours, single parents of small children, or people without adequate resources, who may require special assistance?

Developing your pandemic flu plan and knowing your community's plan will help ensure that we can be self-sufficient in an emergency.

Whether you are developing a plan for yourself or your family, your pandemic flu plan needs to include the following:

An emergency contacts sheet that contains the names, phone numbers, and addresses of the following individuals or organizations:

- Local personal emergency contact (such as a family member or close friend).
- Out of town emergency contact.
- Hospitals near work, school and home.
- Family physician, specialists.
- Haldimand-Norfolk Health Unit.
- Pharmacy.
- Employer contact and emergency information.
- School/daycare contact and emergency information.
- Animal hospital.

An emergency health information sheet with information on each family member:

- Name.
- Allergies.
- Past and current medical conditions and current medications.

It is important to review your plan every few months to ensure it's up to date. The change from Daylight Savings Time to Standard Time is a good reminder to update your emergency plan and kits.

Ensure that you sit down with your family or loved ones to discuss your pandemic flu plan. It is very important that you share

your information with someone you trust, especially if you live alone, are a single parent, or a caregiver.

If you are part of a family with young children, it is also important for you to talk to them about the following topics:

- The items in your emergency kit, when and how to use them, and where the kit will be stored.
- Good hygiene habits, such as correct handwashing techniques, covering their mouths with their sleeves when sneezing and/or coughing and washing their hands often.
- How they will be cared for if they become sick or who would care for them if you become sick.

For more information, please access the Pandemic section of the Health Unit's website at www.hnhu.org.



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