

stay well

Pandemic Flu Planning Checklist for Individuals and Families

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IN YOUR COMMUNITY

Know your neighbors. Talk with family, friends, and neighbors to make sure everyone is prepared. Be ready to help neighbors who are elderly or have special needs if services they depend on are not available.

Know school policies. Know policies about illness and being absent. Be prepared for school closures.

Volunteer with community groups. Assist with planning for emergency response to disasters and pandemic influenza.



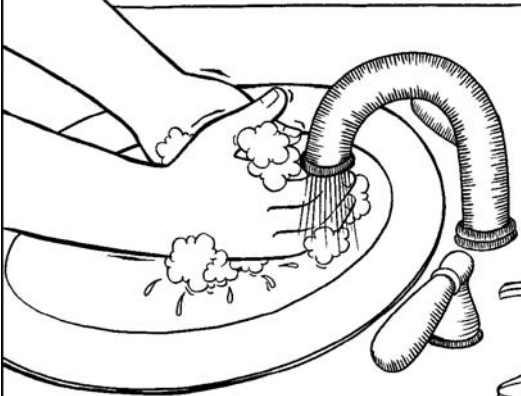
Examples of medical and health supplies

- Prescribed medicines and supplies, such as glucose meters and blood-pressure monitoring equipment
- Soap and water
- Alcohol-based hand cleaner
- Medicines for fever and pain, such as acetaminophen and ibuprofen
- Diarrhea remedy, such as Pepto-Bismol® or Kaopectate®
- Throat lozenges
- Cough syrup containing Dextromethorphan
- Thermometer(s)
- Vitamins
- Fluids with electrolytes, like Gatorade® and Pedialyte®

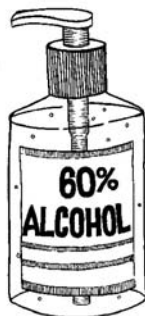
www.PandemicFlu.gov

Stop Germs, Stay Healthy!

Wash hands often
for **40 seconds**



Can't wash?
Use alcohol-based
hand sanitizer



Cover
coughs
and
sneezes



When
sick,
stay
home

