

# ARE YOU PREPARED?

## - Checklist for Pandemic Planning -

### WHAT IS A **PANDEMIC?**

A pandemic is a wide spread outbreak of a disease. In the case of a flu, a pandemic would occur when many people get sick at once with severe symptoms, potentially resulting in death. To prevent the further spread of disease, citizens may be required to stay in their homes for an extended period of time, resulting in a shortage of goods and services. Are you prepared?

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### STEP 1 - **PLAN:**

Always have a 2-week supply of non-perishable food and water on hand. Stocking up can be as easy as purchasing one or two extra items to keep on hand when you go to the store. Having a supply of items assures that your family will be well taken care of in any emergency, including power outages and natural disasters.

Ask your doctor for an extra supply of any necessary prescription drugs.

Keep a supply kit with non-prescription drugs and other health supplies, including pain relievers, stomach remedies, cough & cold medicines, fluids with electrolytes and vitamins.

Create a plan to meet all family members basic needs if circumstances confined them at home for two weeks. Don't forget to include the needs of your pets!

Volunteer with your community and local groups to prepare and assist with emergency response.

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### STEP 2 - **PREVENT:**

Prevent the spread of infection by washing hands frequently with warm water and soap, covering coughs and sneezes with tissues, and stay away from others if either you or they are sick.

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### STEP 3 - **PREPARE:**

Keep at least a 2-week supply of non-perishable foods, water, medications, and emergency goods on hand to keep your family safe and comfortable in the event of an extended stay at home. Use the checklist on the back of this flyer to help you create a basic emergency supply kit.



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# **ARE YOU PREPARED?**

## **- Basic Emergency Supply Kit Checklist -**

Use this simple checklist to help you assemble a basic emergency supply kit. Remember to store all items in easily sealable containers for easy access, and to rotate your stock at least once a year. A good emergency kit should contain enough items to keep your family comfortable for at least two weeks. Creating an emergency kit does not need to be a financial strain. Simply purchase one or two extra items each time you go to the store.

### **DRINKING WATER**

- 2-week supply of bottled water - one gallon per family member per day, plus extra for pets, if needed

### **NON-PERISHABLE FOOD SUPPLIES**

- |   |  |
|---|--|
| <input type="checkbox"/> Ready-to-eat canned meats, fish, fruits, vegetables, beans and soups | <input type="checkbox"/> Fruit juices and sports drinks                    |
| <input type="checkbox"/> Protein or fruit bars  | <input type="checkbox"/> Canned or jarred baby food and formula, if needed |
| <input type="checkbox"/> Dry cereal or granola and crackers                                   | <input type="checkbox"/> Pet food, if needed                               |
| <input type="checkbox"/> Dried fruit and nuts or peanut butter                                | <input type="checkbox"/> Other non-perishable foods of choice              |

### **HOUSEHOLD EMERGENCY SUPPLIES**

- |   |   |
|---|---|
| <input type="checkbox"/> Flashlight , portable radio & spare batteries  | <input type="checkbox"/> Manual can opener                                      |
| <input type="checkbox"/> Soap & alcohol-based hand wash sanitizer   | <input type="checkbox"/> Infant care items such as diapers and wipes, if needed |
| <input type="checkbox"/> Disposable plates, cups & utensils, garbage bags, paper towels, tissues & toilet paper | <input type="checkbox"/> Pet supplies, if needed                                |
|   | <input type="checkbox"/> Chlorine bleach or iodine tablets                      |

### **MEDICAL SUPPLIES**

- |   |  |
|---|--|
| <input type="checkbox"/> Prescription medications   | <input type="checkbox"/> Medical supplies for chronic conditions |
| <input type="checkbox"/> Over-the-counter medications for fever, pain, diarrhea, coughs and colds | <input type="checkbox"/> First aid kit & disposable gloves       |
| <input type="checkbox"/> Vitamins   | <input type="checkbox"/> Feminine hygiene materials, if needed   |



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