

Be Prepared for Swine Flu



Whether the swine flu pandemic is mild or severe, it's a good idea to have supplies on hand to be prepared. If an emergency happens, there may be shortages, or you may be too sick to get to the store.

Here's a list of items recommended to have on hand in case of a severe pandemic:



Foods:

- Ready-to-eat canned meats, fish, fruits, vegetables, beans, and soups
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter or nuts
- Dried fruit
- Crackers
- Canned juices
- Bottled water
- Canned or jarred baby food and formula
- Pet food

Medicines and Emergency Supplies:

- Prescribed medical supplies such as glucose and blood-pressure monitoring equipment
- Soap and water, or alcohol-based hand sanitizer
- Medicines for fever, such as acetaminophen or ibuprofen
- Thermometer
- Anti-diarrheal medication
- Vitamins
- Fluids with electrolytes
- Cleansing agent/soap
- Flashlight
- Batteries
- Portable, hand-crank or battery-powered radio
- Manual can opener
- Garbage bags
- Tissues, toilet paper, disposable diapers
- Face mask or N95 respirator

Contingency Plans



Remember to develop a contingency plan with your employer in advance if you or your children fall ill. Telecommute if possible. Have back-up care for your sick children if you can't stay home.