

Make a Pandemic Flu Emergency Kit

First, let's talk about why you need one. In the event of a pandemic, as many as 1 in 4 people could get sick. Services and supplies you count on every day may not be available, or they could be drastically reduced. This means that your family could be on their own, without care or supplies, for quite some time, or you could find yourself waiting in long lines for limited resources. **Keep in mind that your kit needs to be tailored to your families' needs.**

- **Two weeks worth of food for you and your family.** This should be food that does not need refrigeration. Foods like canned meats and fish, beans, soups, fruits, and dry goods like flour, salt and sugar are good choices.
- **Water stored in sealed, unbreakable containers.** If water service is disrupted, plan on one gallon for each person for each day, for up to two weeks.
- **Two weeks worth of prescription medicines.** Speak with your medical provider about getting extra doses.
- **Two weeks worth of ibuprofen and/or acetaminophen for each person in the house for fever and pain.** A two-week supply of cough medicine would also be helpful.
- **Rehydration Solution, for example Pedialyte for kids, Gatorade for adults and teens.** You can also make your own solution for adults and teens by using 4 cups of clean water, 2 tablespoons of sugar and 1/2 teaspoon of salt. Mix all the ingredients until the sugar disappears. Note: do not boil the solution because that will reduce its helpfulness.
- **Cell phone and charger.**
- **Supply of face masks and plastic gloves.** These will help protect you, especially if you are taking care of family members who are sick with the disease.
- **Disinfectants and chlorine bleach.**

You can get more information about emergency preparedness kits by contacting the Northeast Colorado Health Department. Call 1-877-795-0646 or visit us online at www.nchd.org, or visit www.readycolorado.com.



How You Can Learn More

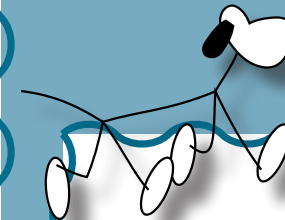
Keep up-to-date on a possible pandemic flu by listening to the radio and television, and reading news stories about pandemic flu. Below are some other good resources you can check out:

- **Northeast Colorado Health Department:** As your local public health department we have information available. You can either contact us at **1-877-795-0646** or visit us online at www.nchd.org.
- **Ready Colorado:** If you're looking to put together an emergency kit or emergency plan, check out www.readycolorado.com. There's lots of advice and tips on preparing for any emergency.
- **Colorado Help Line:** This toll-free hotline provides public health information in English and Spanish, weekdays, 7 a.m. - 11 p.m. and weekends 9:30 a.m. - 8 p.m. Call **1-877-462-2911**.
- **www.ready.gov:** This web site has great tips for pandemic preparedness for individuals, businesses and children.
- **www.pandemicflu.gov:** This web site will give you updates on national and international pandemic flu as well as useful planning tips.



How You Can Help

- **Become a trained volunteer.** Your county or city emergency manager can give you ideas on how you can get involved in volunteering for your community.
- **Keep tabs on your neighbors.** If you have elderly or disabled neighbors that have special needs, contact them to make sure they are being taken care of.
- **Don't call 911 unless it's an emergency.** Calling 911 when you are not having an emergency ties up needed medical resources for others. If you don't require emergency services, try directing your call somewhere else.
- **Be informed.** Check with your school and your employer to see what kinds of plans are in place in the event of pandemic flu.
- **Make a family emergency plan.** Know where and how you will meet your family in the event of an emergency. Visit www.readycolorado.com for more information on creating a useful family emergency plan.



Don't Forget Your Pets

When you're preparing your own emergency kits don't forget to include provisions for your pets. Make sure you have plenty of food and water available to sustain your pet for two weeks. Also, if they are on any kind of regular medication, talk to your veterinarian about extra doses to have on hand.

Emergency Phone Numbers

Your Local Doctor:

Your Local Hospital:

Local Law Enforcement
(non-emergency number):

Northeast Colorado Health Dept:
1-877-795-0646

Colorado HELP Hotline:
1-877-462-2911

Other:

What is a Pandemic?

The word "Pandemic" basically means world-wide, so pandemic flu is a world-wide outbreak of influenza. Pandemic flu is much different than seasonal flu, which we usually see in Colorado every year between October and March.

With seasonal flu, many people already have some kind of immunity because similar strains circulate every year. A pandemic flu will result from a new flu virus for which there is very little or no immunity in the human population.

Pandemics last longer, make more

people ill, and cause more deaths than regular seasonal flu. Because outbreaks are so wide-spread it will not be unusual to see serious economic and social changes during a pandemic. Schools may be closed, social gatherings may be limited and health care resources may be severely strained if not overwhelmed.

It is very important to plan ahead so you are prepared if a pandemic occurs. Anything you can do for yourself and your family now will help to reduce the stress on local resources later.

During a pandemic flu you may be asked or required to do things that will help prevent the spread of the disease. This may include restricting your movement within the community. We assure you that if this becomes necessary, we will use the least restrictive means possible so that we can still allow you freedom, but also help to maintain the health of our community.

What May Be Expected of Me?

Isolation:

Isolation is for people who are already ill. When someone is isolated they are separated from people who are healthy. This separation can help to slow or stop the spread of the disease to healthy people. People who are isolated can be cared for in their homes, in hospitals, or in other health care facilities. Isolation is usually voluntary, but local, state and federal government have the power to require the isolation of sick people to protect the public.

Quarantine:

Quarantine is for people who have been exposed to an illness, but are not sick. When someone is placed in quarantine they are also separated from others, at home, in hospitals, or other facilities. Even though the person may not be sick at the moment, they were exposed to the disease and may still become sick and spread the disease to others. States generally have the power to enforce quarantines within their borders.

Social Distancing:

Social Distancing is probably the least restrictive of measures to separate healthy individuals from sick individuals. Your local public health agency may recommend social distancing if a pandemic is occurring in the community. Social distancing generally means keeping a 4-foot space between you and others at all times. In this event, social gatherings may be cancelled, as well as the closure of office buildings, stores, schools and public transportation systems.

PAN FLU & YOU



What you need to know NOW about pandemic influenza

Northeast Colorado Health Department
1-877-795-0646 ~ www.nchd.org



Cover noses and mouths when sneezing or coughing. Cover your nose and mouth with a tissue when sneezing or coughing, or sneeze or cough into your elbow. This will help prevent the spread of germs.

Wash hands with soap or use alcohol-based hand rubs. Everyone should wash their hands with soap between contact with others, before preparing food and before eating. If soap is not available, use an alcohol-based hand rub.

How you can Prevent Disease

Stay home if you are sick. If you or a family member are sick stay at home. Don't go to work or school and don't invite visitors in while there is a sick person in your home. An ill person should wear a protective mask when anyone is in the same room or car. A simple dust mask that can be found in hardware stores will work.

Watch household members for symptoms of respiratory illness.

Contact your health care provider if a fever or other symptoms such as chills, cough, sore throat, headache, or muscle aches develop.

Keep your home clean. On a daily basis clean surfaces and commonly shared items like refrigerator handles, phones and doorknobs. Use a labeled household disinfectant or chlorine bleach mixture: 1/4 cup bleach to 1 gallon of cool water.