



# Pandemic Flu Planning Checklist for Families

Take steps to prepare your family. These steps are also good advice for any natural disaster.

**Definition:** Pandemic Influenza

A viral human flu that spreads rapidly around the world with high rates of illness and death

✓ **Make household emergency plans:**

For general preparedness, agree on a point of contact where all family members can check in if you are separated during any emergency.

✓ **Learn home treatment for flu:**

Talk with family members about sick care and what information and supplies will be needed.

✓ **Practice social distancing:**

In a pandemic, you may be advised to stay away from others and from public places as much as possible to slow the spreading of illness. Plan to limit the number of trips and errands you run.

✓ **Store water and food:**

Prepare at least one week of supplies in your home to initially live on.

- Keep one gallon of water per person or pet per day. This amount of water ensures enough for drinking, food preparation, and cleansing.
- Choose nutritious foods that need little or no cooking or refrigeration. For example: ready-to-eat dried or canned foods, fruits, vegetables, soups, juices, peanut butter, nuts, protein or fruit bars, crackers, dry cereal, and powdered milk.
- Choose some comfort foods such as candy, cookies, popcorn, etc.
- Consider special needs, such as infant food or formula and individual dietary restrictions.
- Don't forget about your pets and their food.

- ✓ **Store medical and health supplies:**
  - Keep an extra supply of your regular prescription medications. Plan for any specialized medical needs and assistance.
  - Keep extra supplies of non-prescription drugs including pain relievers, cough and cold medicines, fluids with electrolytes, stomach and anti-diarrhea medicines, vitamins, etc.
  - Keep an extra supply of health and personal items such as a first-aid kit, thermometer, tissues, toilet paper, feminine hygiene products, diapers, cleansing agents/soaps, detergents, disinfectants, gloves, hand sanitizers, etc.
- ✓ **Prepare for changes in health care:**

For example, health care may be difficult to obtain during a pandemic. Health care providers and medical facilities may be overwhelmed. There may not be enough medical supplies, health care providers, or hospital beds for all persons who are ill.
- ✓ **Plan for school closures.**
- ✓ **Know your employer's leave policies.**
- ✓ **Public services may also be affected.**

Prepare for disruption in electricity, water, garbage services, and transportation routes.
- ✓ **Businesses and access to their goods and services may also be limited.**
- ✓ **Volunteer with community groups:**

Assist with planning and response to disasters and pandemic influenza in your community.

**Be AWARE and PREPARE!**



City of Sioux Falls Health Department  
*For more information, call 605-367-8762,  
605-367-8767, or visit [www.siouxfallsflu.org](http://www.siouxfallsflu.org)*