

Individuals and Families Preparedness Checklist

A pandemic influenza may significantly affect you and your family. Many organizations in Alberta have developed their own plans to continue operations and to minimize service disruptions. However it is still important for you to develop your own plan and be prepared.

The following checklist will help you to build your emergency kit and plan. It identifies important items to include and outlines considerations you should include in your plan.

Build Your Own Emergency Kit:

Consider gathering a 72-hour to 10-day supply of food, water and medication. Read more below;

- Store an emergency food supply of non-perishable food such as:**
 - high energy foods: granola bars, fruit/nut mixture, peanut butter
 - canned goods: meat, fish, pasta, bottled sauces, soup, stew, vegetables, fruits
 - instant soup mixes, instant cereals, crackers, biscuits
 - beverages such as fruit juices, evaporated or powdered milk, UHT milk, instant coffee, tea, hot chocolate mix
 - staples such as salt, pepper, sugar, honey, syrup and jam

- Store a supply of bottled water** for drinking, first aid, cooking and minor sanitation needs:
 - 72-hour to 10-day supply (1 - 3 litres/day/person)

- Store non-prescription medications** such as pain relievers, fever medication, cough and cold medications and stomach remedies on hand (i.e. acetaminophen for fever and/or pain).

- Never run out of prescription medication:** Be aware when you and your family members may need a refill of your prescription medications.

- Store other health supplies your family might need:**
 - thermometer
 - waterless antiseptic hand agent
 - tissues
 - hot water bottle

- Assemble a first aid kit:**
 - first aid book
 - cotton swabs/cotton balls
 - bandages
 - scissors
 - antiseptic (i.e. hydrogen peroxide)
 - antibiotic ointment
 - pre-moistened towelettes
 - tweezers
 - disposable gloves

People who are ill and must go out into the community e.g. for a medical appointment, are asked to wear a face mask (available at pharmacies) while contagious (for seven days after first symptoms) to avoid infecting others. Use of face masks by well individuals in the community is of no proven benefit.

- Store light sources in case of power outages:**
 - flashlights and extra batteries
 - camping lanterns with extra fuel
 - candles
 - matches/lighters/candles

- Also consider:**
 - sufficient cash on hand
 - extra clothing
 - portable radio (battery powered) and extra batteries
 - any important papers that you may need
 - contact numbers (phone and address book)
 - warm blankets (for each household member)
 - pet supplies (if applicable)
 - fire extinguisher
 - garbage bags
 - toilet paper

Other things to consider in your planning:

Life Changes When a Pandemic Influenza Strikes

Plan for the possibility that public services may be disrupted at hospitals, clinics, doctors offices. If you or your family members require ongoing medical treatment you should speak to your health care provider for more information.

Banks may be closed and cash machines and credit card services may not work

Grocery stores, pharmacies, waste management, restaurants, government offices, post offices may be closed or have limited supply.

Consider who could assist you with childcare, elder care and/or care for pets.

Prepare backup plans for care of loved ones who are far away.

Communications

Establish an emergency communications plan for your family and revise it periodically. This plan includes identification of key contacts (with back-ups).

Complete your Family Emergency Health Information Sheet (<http://www.phac-aspc.gc.ca/influenza/fam-fehis-eng.php>). The following should be included:

- Family members' personal information (i.e. medical histories, allergies, regular medications)
- Emergency contact information for work, school, doctors, hospitals, pharmacies, veterinarian (if applicable), local and out-of-town personal emergency contact numbers
- Accounts and policy numbers (i.e. for banks and insurance)
- Vehicle registration numbers
- Other important numbers (i.e. ambulance, police, fire, poison control centre, gas & utilities, telephone, religious/spiritual centres).

Work

Talk to your employer about their organization's preparation and planning in the event of a pandemic.

Ask how their business will continue during a pandemic.

Check with your employer or union about leave policies and consider working from home.

Plan for a possible reduction or loss of income if you are unable to work or your place of employment is closed.

Schools

Talk with your school about their preparation and planning in the event of a pandemic.

Consider planning home learning, physical and recreational activities that children can do at home.

Transportation

Make alternate arrangements in the event that you are unable to use public transportation.

Consider other ways to get to work.

Help Others

Find volunteers who will help people in need, such as elderly neighbors, single parents of small children, or people without the resources to get the help they need.

Your source for more pandemic information: www.health.alberta.ca

HEALTHLink Alberta
Edmonton 780-408-LINK (5465) Calgary 403-943-LINK (5465)
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www.healthlinkalberta.ca