

H1N1 Flu Planning Checklist for Individuals and Families

To remain healthy & prepared for an influenza pandemic, Sutter County Public Health encourages you to take actions that will help to lessen the impact of an influenza pandemic on you and your family.

One simple step you can take **now** is to stock supplies for an extended stay at home. This can be useful in other types of emergencies, such as power outages and disasters.

Please use the checklist below to get you and your family started...

Examples of food and non-perishables:

- Bottled Water (a gallon of water per person per day)
- 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
- Baby food or formula, if needed
- Pet Food, if needed
- Manual Can Opener
- Other nonperishable foods

Examples of Medical, Health and Emergency Supplies:

- Prescribed medical supplies such as glucose and blood pressure monitoring equipment (remember to rotate or refresh medications regularly to make sure they have not expired)
- Soap, liquid detergent, and alcohol-based (60% to 95%) hand wash
- Disinfecting wipes or bleach for disinfecting things many people touch (mix 1 gallon of water with ¼ cup of bleach)
- A box of disposable vinyl or latex gloves to help protect you if you are taking care of sick family members
- Medicines for fever, such as acetaminophen or ibuprofen
- First Aid Kit: bandages, gauze, etc.
- Thermometer
- Anti-diarrheal medication
- Vitamins
- Fluids with electrolytes
- Flashlight
- Batteries
- Portable Radio
- Garbage Bags
- Tissues, toilet paper, and if necessary, disposable diapers and/or feminine products

For more information on H1N1 flu, visit www.suttercounty.org

This information is brought to you by the California Department of Public Health & Sutter County Public Health