

PANDEMIC INFLUENZA

Emergency Preparedness

8 WEEK SHOPPING LIST



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Why should I prepare for a flu pandemic that might never happen?

While there are no cases of pandemic flu anywhere in the world today, health officials are certain it is a matter of WHEN - not IF - a pandemic will occur. Although flu viruses continually make small, unimportant changes, it's just a matter of time until one virus has a significant mutation (change) that results in a worldwide pandemic.

Start preparing for a pandemic in advance of any real threat. Shopping for emergency supplies can be expensive and time consuming. Reduce stress by budgeting your purchases, and avoiding long lines or empty shelves when the pandemic does occur.

Use this **8 WEEK SHOPPING LIST** as a guide to prepare your Family Emergency Kit.

"TO DO" LIST

- Create a Family Action Plan. Become familiar with the disaster plans for your children's schools and daycare centers.
- Compile a Family Contact Directory with information for important people and services. Establish emergency contacts outside of your immediate family.
- Put aside money to cover a few weeks' worth of finances (if possible).
- Arrange for family members with special needs, or who are elderly. Include your pets in the plan.
- Keep important documents in a portable container, such as your will, insurance policies, deeds, passports, health related documents (medication list, health insurance, healthcare provider contact information), birth certificates, bank accounts and credit cards, etc.

WEEK 1

FOOD

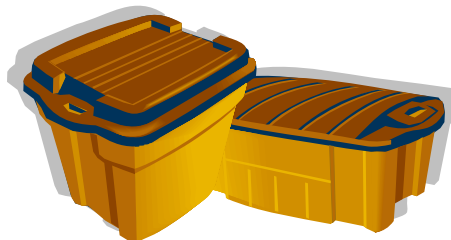
- (2) Gallons water per person
- Sandwich bread (freeze until needed)
- (3) Boxes of energy snacks - granola bars, raisins, nuts
- (5) Cans of ready-to-eat soup
- (2) Boxes of crackers
- (4) Boxes of dry cereal
- Canned or powdered milk
- (4) Cans of fruit and vegetables
- (5) Cans of meat or fish
- (2) Jars of peanut butter
- (1) Jar of jelly or jam
- (4) Large cans of juice
- Instant coffee, tea or powdered drinks



WEEK 2

STORAGE

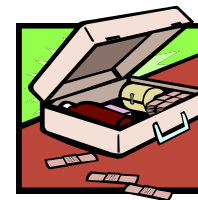
- (2) Boxes of large plastic zip bags
- Plastic wrap
- (2) Rolls of aluminum foil
- (3) Boxes of heavy duty garbage bags
- Cooler (electrical power may be out for several days during a pandemic, so have ice in the freezer that can be used to keep refrigerated medications cool)
- Assorted plastic containers with lids



WEEK 3

HEALTH & FIRST AID

- Protective masks for the whole family
- (2) Boxes latex (or vinyl) gloves
- Alcohol based sanitizing hand wipes or gel and a disinfectant spray
- Antiseptic (rubbing alcohol, hydrogen peroxide and antibiotic cream)
- Deodorant, toothpaste/toothbrushes, soap, shampoo, etc
- First Aid Kit and Book



SMART IDEA: Protect yourself and your family by wearing disposable masks and gloves if someone becomes sick.

WEEK 4

MEDICATIONS

- Extra supply of prescription medication (ask for “samples” to rotate with your regular prescription)
- Aspirin, ibuprofen or acetaminophen
- Anti-diarrhea medicine
- Rehydration fluids (Pedialyte or Gatorade)
- Adult and children’s vitamins
- Thermometer
- Cough syrup, decongestant, antihistamine, throat lozenges

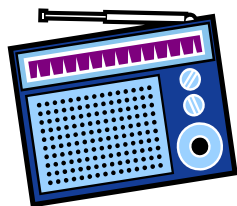
SMART IDEA: Ask for a copy of your prescriptions in case you need to leave the area and use a different pharmacy to get your medication.



WEEK 7

SMART SUPPLIES

- Crank or shake powered flashlights and radio
- Portable (camping style) stove or grill
- Video or disposable camera
- Notepad and pens
- Assorted safety pins, sewing kit items



SMART IDEA: Document the progress of illness if someone becomes sick as a reference.

WEEK 5 CLEANING & PAPER SUPPLIES

- Manual can opener
- (2) Packages eating utensils, paper cups, paper plates, paper napkins
- (2) Multi-packs of paper towels
- (2) Multi-packs of toilet paper
- (2) Multi-packs of tissues
- Liquid dish soap
- Laundry detergent
- Matches
- Unscented liquid bleach
- Extra sponges and rags
- Several gallons of water to flush toilets



TIP: A half cup of bleach added to a gallon of water is an all-purpose disinfectant.

WEEK 8

SPECIAL ITEMS

- Special foods for special dietary needs
- Medical supplies, e.g. extra strips and lancets for diabetes monitor
- Extra hearing aid batteries
- Items for denture care
- Spare eyeglasses or contact lenses & solution
- Pet supplies - food, extra water, leash, carrier, vaccination papers
- Baby supplies - food, formula, diapers & wipes
- Games, activities, books for kids and adults



TIP: In a pandemic, illness will be widespread and you may be isolated at home for an extended period of time. Be prepared!

WEEK 6

COMMON TOOLS

- Flashlights (and batteries)
- Masking, duct and packing tapes
- Scissors
- Utility knife with extra blades
- Tool kit items (screwdrivers, pliers, hammer, etc)
- Plastic safety goggles
- Heavy work gloves
- Fire extinguisher



SMART IDEA: Keep your car in good repair. In the event of a pandemic, all services - including garages and auto repair shops - may be affected.

FOR MORE INFORMATION

Centers for Disease Control and Prevention
www.pandemicflu.gov

NJ Department of Health & Senior Services
www.njflupandemic.gov

American Red Cross
www.redcross.org

TUNE IN: Local media will be your primary sources of information during an emergency. The local radio station for Somerset County is WNJT 88.1 FM, the local cable channel is 25, and the Hillsborough Township website is www.hillsborough-nj.org.

The **8 WEEK SHOPPING LIST** was adapted from material prepared by Escambia County Public Safety