

## BE Prepared: Pan Flu

Preparing for Pandemic Influenza is unlike preparing for any other emergency. If or when a severe pandemic reaches Minnesota, the safest plan for many may be to stay home to protect yourself and your family. Make plans with your family and your employer now. During a pandemic, the government may decide to limit mass gatherings, so as to limit the spread of the influenza. This may mean school closings and changes to many businesses. Who would take care of your children if you needed to go to work? Is it possible for someone to work from home? Is it possible for your family to remain isolated for a period of time?

Although you will have some of the items assembled if you already have a "To Go" Kit, much more is needed for Pan Flu Kit. This segment is marked into weeks, so that you may gather supplies over a 20 week period. There are also, "to do" items that you may have already complete. There may be items that you need more than one of, so they will not be marked from here on out if they are in addition to what you may have. Check off items you gather and complete each week. Repeat items, such as toilet paper and water are meant to be purchased again, so that you have a large enough stock for your family for at least two weeks.

**Remember to rotate your food and water every six months.**

★ **For each person**

### WEEK 1\_\_\_\_\_

- 2 gallons water ★
- Permanent marker
- Hand-operated can opener
- 1 jar peanut butter
- 1 large can juice ★
- 1 can meat ★

**To Do:** Date each of the perishable food items using marking pen.

### WEEK 2\_\_\_\_\_

- Baby formula/bottles /diapers/ food (*some in Go Kit*)
- Pet food, if applicable (*some in Go Kit*)
- 2 rolls toilet paper ★

**To Do:** Complete personal assessment of your needs and resources in a changed disaster environment

### WEEK 3\_\_\_\_\_

- Heavy cotton or hemp rope
- 2 flashlights with batteries (*one in Go Kit*)
- Matches in watertight container (*May be in Go Kit*)
- Duct tape (*May be in Go Kit*)
- Pet leash/carrier, if applicable

**To Do:** Find information on Emergency Preparedness groups in your area.

#### **WEEK 4** \_\_\_\_\_

2 gallons water ★

1 can meat ★

1 can fruit ★

Paper and pencil

Map of area (*May be in Go Kit*)

Feminine hygiene products (*some in Go Kit*)

Aspirin/non-aspirin pain reliever (*some in First Aid Kit*)

1 gallon water for each pet

**To Do:** Share copies of emergency information lists, supplies, & plans with friends/family.

#### **WEEK 5** \_\_\_\_\_

Patch kit/can for tires

Signal

Compass

Extra medication or prescriptions (date & recycle every 6 months) (*May be in First Aid Kit*)

**To Do:** Make floor plan of your home including primary escape routes. Identify safe places to go in case of tornado, flood, etc. Practice a fire drill and tornado drill with your family.

#### **WEEK 6** \_\_\_\_\_

2 gallons water ★

Toothbrush ★/toothpaste (*May be in Go Kit*)

1 can meat/tuna ★

1 can vegetables ★

1 can fruit ★

2 rolls toilet paper ★

Food for special diets, if needed

**To Do:** Ask daycare or school about their disaster and evacuation plans. Ask local emergency management office about transportation information in case of an evacuation. Learn how to shut off the electricity, gas, and water at the main switches in your home. Ask the utilities when it is appropriate to turn them off.

#### **WEEK 7** \_\_\_\_\_

Bandages, gauze pads (*May be in First Aid Kit*)

Sterile adhesive (*May be in First Aid Kit*)

Sunscreen

Safety pins

Adhesive tape (*May be in First Aid Kit*)

Elastic bandages (*May be in First Aid Kit*)

Disposable gloves (*May be in First Aid Kit*)

Antibacterial cream (*May be in First Aid Kit*)

Laxative (*May be in First Aid Kit*)

Cold Medicines

Pediatric Cold Medicines

Hearing aid batteries, if needed

**To Do:** Choose a place away from your neighborhood where family members can meet if separated. Identify a friend/relative who lives out of the area to contact if separated.

### **WEEK 8** \_\_\_\_\_

2 gallons water★

1 can soup/beef stew★

1 can fruit★

1 can vegetables★

Sewing kit

Facial tissue

Lip balm

Scissors and tweezers (*May be in First Aid Kit*)

Thermometer

**To Do:** Discuss with neighbors, friends, & family what help you may need in an emergency and how to best assist them.

### **WEEK 9** \_\_\_\_\_

Disposable wipes

Lip balm

Antacid (*May be in First Aid Kit*)

Extra eye glasses, if needed

**To Do:** Share emergency plans with neighbors. Agree on a sign to let your neighbors know that you are ok and have left the disaster area.

### **WEEK 10** \_\_\_\_\_

1 can soup/beef stew★

1 box heavy garbage bags

Liquid dish soap

Household bleach (*Some in Go Kit*)

Contact lens supplies, if needed

**To Do:** Attach wrench to shutoff valve for each meter. Make photocopies of important papers (ID's, birth and marriage certificates, household inventory, bank account numbers, insurance policy info, etc.) & place in waterproof container.

### **WEEK 11** \_\_\_\_\_

Battery powered radio

Wrenches to turn off utilities

Waterproof box for important papers or electronic documents

**To Do:** Test smoke detectors /replace old batteries. Test detectors at least monthly. Replace smoke detectors over 10 years old. Plan how to help elderly/disabled neighbors in a disaster.

**WEEK 12** \_\_\_\_\_

1 large can/bottle juice★

Large plastic food bags

3 rolls paper towels

1 box energy snacks

1 can meat/tuna★

**To Do:** Put emergency supplies in one location, pack in watertight containers and label them.

**WEEK 13** \_\_\_\_\_

1 box Graham crackers

Dry cereal

1 box crackers

1 can fruit★

Anti-diarrhea medicine (*May be in First Aid Kit*)

Plastic containers with lids

Antiseptic (*May add to First Aid Kit*)

Peroxide (*May add to First Aid Kit*)

**To Do:** Take First Aid & CPR classes

**WEEK 14** \_\_\_\_\_

Whistle

Pliers

Crowbar

Screwdriver

Hammer

Candles

**To Do:** Check to be sure that insurance policies are up-to-date.

**WEEK 15** \_\_\_\_\_

1 box quick energy snack

1 can meat★

1 can vegetables★

1 pkg. plastic eating utensils

1 package paper plates

1 package plastic/paper cups

Toys, games, books, puzzles

**To Do:** Label equipment; attach instructions.

**WEEK 16** \_\_\_\_\_

Plastic bucket with tight lid

Plastic sheeting

Double-sided velcro tape

**To Do:** Arrange for a relative, friend or neighbor to help with your children if you aren't able to respond to them when you are at work.

**WEEK 17** \_\_\_\_\_

Extra flashlight batteries

Batteries for radio

Wood screws

Labels for equip/supplies

Assorted nails

**To Do:** Develop disaster kit for each of your vehicles.

**WEEK 18** \_\_\_\_\_

Comfort foods (cookies, candy)

Plastic wrap

Aluminum foil

Larger watertight containers

Denture care items, if needed

2 rolls toilet paper★

**To Do:** Have blanket or sleeping bag for each family member.

**WEEK 19** \_\_\_\_\_

Extra food/medicine for pets

Extra leash, ID tags for pets

Litter/pan

Get current shots for pets

Get medical records for pets

**WEEK 20** \_\_\_\_\_

Camping or utility knife

Work gloves

Disposable N95 masks

Safety goggles

2 blank video cassettes (video home for insurance purposes—store at a different location).

For more information on keeping your family safe and healthy, call Aitkin County Health & Human Services at 927-7200 or 800-328-3744 or visit [cdc.gov](http://cdc.gov) or [Ready.gov](http://Ready.gov).