

PANDEMIC INFLUENZA

Are *you* ready?

Personal Preparedness for a Pandemic Influenza

- > It is important to plan ahead for your personal health and safety. The effects of a pandemic influenza can be lessened if you prepare ahead of time.
- > During a pandemic influenza, some day-to-day services may be disrupted (e.g. grocery stores, pharmacies).
- > The Health Region, municipal, provincial and federal governments will use all resources at their disposal, but they need your assistance. All people need to be responsible for themselves, their families and their community.
- > Stocking essential supplies for you and your family is one way to prepare for this possibility.
- > The Emergency Supply List provides suggestions as to what items you should have in your home. It is recommended that you stock a two-week supply and that you rotate your supplies so that items don't get outdated.

<i>Food and Water</i>	<i>Health Supplies</i>	<i>Other</i>
Bottled water – at least 2 litres of water per person per day Ready-to-eat canned meats Canned fruit Dried fruit Canned vegetables Soup Protein bars Dry cereal / granola Peanut butter / nuts Crackers Canned juices Tetra-packed milk or soy beverage <i>If applicable:</i> Canned or jarred baby food / formula Pet food and water	Pain relievers / fever reducers (e.g. acetaminophen, ibuprofen) Stomach remedies Cough and cold medicine Anti-diarrhea medication Fluids with salt and sugar Vitamins Prescribed medical supplies such as glucose and blood pressure monitoring equipment Thermometer Equipment for persons with disabilities	Soap Alcohol-based hand sanitizer Flashlight Batteries Battery powered or wind-up radio Manual can opener Garbage bags Tissues Toilet paper Candles and matches or lighter General first aid kit Extra keys for car and house Cash and change for pay phones <i>If applicable:</i> Feminine hygiene products Disposable diapers Diaper wipes or hand wipes (in event of a water shortage)

For a more inclusive list, please visit
 Emergency Preparedness Canada's website:
www.psepc.gc.ca

For more
 information, go to:
www.saskatoonhealthregion.ca



Family Member and Emergency Contact Information

- It is important to think about health issues that could arise during pandemic influenza and how they can affect your family. Create a family emergency health plan by completing the Family Member and Emergency Contact Information sheet on the following page. Keep this in a place where it is easy to find.
- Establish an emergency contacts list in the event that something happens to you and people need to know who to contact.
- Establish backup childcare providers in the event that your usual child caregiver is ill.
- Find out from your employer how business will continue during the pandemic.
- Volunteer to help other families and/or community groups.

Quick Tips

- *Keep prescription medications filled.* If you or anyone else in your household takes prescription medication, don't wait until it is finished to order more. Try to keep at least one month's supply on hand at all times.
- *Discuss care options with family members and other loved ones.* If you will be bringing others into your home to care for them in the event of a flu pandemic, discuss what health supplies, special foods or other items they require. Add those items to your emergency supply list.
- *Fill out the family member and emergency contact information sheet.* Include blood type, allergies, pre-existing medical conditions and a list of current medications (type and dose) for each member of your household.

Family Member and Emergency Contact Information

<i>Family Member</i>	<i>Blood Type</i>	<i>Allergies</i>	<i>Past / Current Medical Conditions</i>	<i>Current Medications / Dosages</i>

<i>Emergency Contacts</i>	<i>Name / Phone Number</i>
Local Personal Emergency Contact	
Out-of-town Personal Emergency Contact	
Family Physician(s)	
Pharmacy	
Employer Contact and Emergency Info	
School Contact and Emergency Info	
Religious / Spiritual Organization	



For more information:

Visit the Saskatoon Health Region website at

www.saskatoonhealthregion.ca

or call the Saskatchewan HealthLine at

1-877-800-0002