

## Items to have on hand for an extended stay at home

- \* 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
- \* Bottled water
- \* Canned or jarred baby food and formula
- \* Pet food
- \* Other non-perishable items such as Diapers
- \* Fluids with electrolytes
  
- \* Prescribed medical supplies such as glucose and blood-pressure monitoring equipment
- \* Soap and water, or alcohol-based (60-95%) hand wash
- \* Make sure all prescription medication is refilled so you have enough on-hand
- \* Medicines for fever, such as acetaminophen or ibuprofen
  - **DO NOT GIVE ASPIRIN or ASPIRIN CONTAINING PRODUCTS TO CHILDREN UNDER 19 YEARS OF AGE!**
- \* Thermometer
- \* Anti-diarrheal medication
  - **CHECK THE LABEL FOR SALICYLATES! DO NOT GIVE TO CHILDREN UNDER 19 YEARS OF AGE!**
- \* Vitamins
- \* Cleansing agent/soap
- \* Flashlight
- \* Batteries
- \* Portable radio
- \* Manual can opener
- \* Garbage bags
- \* Tissues, toilet paper, disposable diapers
- \* Working Cell Phone that can dial 911



Chewable Tablets



## Pandemic Flu Planning Checklist for Individuals and Families

- Store a two week supply of water and food. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies, such as power outages and disasters.
- Periodically check your regular prescription drugs to ensure a continuous supply in your home.
- Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.
- Volunteer with local groups to prepare and assist with emergency response.
- Get involved in your community as it works to prepare for an influenza pandemic.

### To limit the spread of germs and prevent infection:

- Teach your children to wash hands frequently with soap and water, and model the correct behavior.
- Teach your children to cover coughs and sneezes with tissues, and be sure to model that behavior.
- Teach your children to stay away from others as much as possible if they are sick. Stay home from work and school if sick.

### CHECK ALL LABELS FOR SALICYLATES:

Acetyl Salicylic Acid	Octisalate
Acetylsalicylate	Octyl Salicylate
Acetylsalicylic Acid	Phenyl Salicylate
Aluminum Acetyl Salicylate	Procaine Salicylate
Ammonium Salicylate	Sal Ethyl Carbonate
Amyl Salicylate	Salicylamide
Arthropan	Salicylanilide
Aspirin	Salicylsalicylic Acid
Benzyl Salicylate	Santalyl Salicylate
Butyloctyl Salicylate	Sodium Salicylate
Calcium Acetyl Salicylate	Stoncyrate
Choline Salicylate	Strontium Salicylate
Ethyl Salicylate	Sulfosalicylic Acid
Lithium Salicylate	Tridecyl Salicylate
Methyl Salicylate	Trolamine Salicylate
Methylene Disalicylic Acid	



**Be Wise  
About  
Reye's  
Kids  
& Aspirin  
DON'T Mix!**

## Novel H1N1 Flu & You

*Family  
Preparedness  
Guide*

**National  
Reye's Syndrome  
Foundation**

**www.ReyesSyndrome.Org  
1-800-233-7393**

## Why You Need to Prepare

### Planning Assumptions:

Susceptibility to the Novel H1N1 virus will be universal. The clinical disease attack rate will likely be 30% or higher in the overall population during the pandemic. Illness rates will be highest among school-aged children and decline with age. Among working adults, an average of 20% will become ill during a community outbreak.

Some persons will become infected but not develop clinically significant symptoms. Asymptomatic or minimally symptomatic individuals can transmit infection and develop immunity to subsequent infection.

The number of hospitalizations and deaths will depend on the virulence of the pandemic virus. Estimates differ about 10-fold between more and less severe scenarios. Planning should include the more severe scenario.

Risk groups for severe and fatal infection cannot be predicted with certainty but are likely to include infants, the elderly, pregnant women, and persons with chronic medical conditions.

In a severe pandemic, absenteeism attributable to illness, the need to care for ill family members, and fear of infection may reach 40% during the peak weeks of a community outbreak.

Certain public health measures (closing schools, quarantining household contacts of infected individuals, "snow days") are likely to increase rates of absenteeism.

The typical incubation period (interval between infection and onset of symptoms) for influenza is approximately 2 days. Persons who become ill may shed virus and can transmit infection for up to one day before the onset of illness. Viral shedding and the risk of transmission will be greatest during the first 2 days of illness. Children usually shed the greatest amount of virus and therefore are likely to pose the greatest risk for transmission.

In an affected community, a pandemic outbreak will last about 6 to 8 weeks. Multiple waves (periods during which community outbreaks occur across the country) of illness could occur with each wave lasting 2-3 months.

## Below are some situations that could be caused by a severe pandemic and possible ways to address them.

### Social Disruption May Be Widespread

- Plan for the possibility that usual services may be disrupted. These could include services provided by hospitals and other health care facilities, banks, stores, restaurants, and government offices.
- Prepare backup plans in case public gatherings, such as volunteer meetings and worship services, are canceled.
- Consider how to care for people with special needs in case the services they rely on are not available.

### Being Able to Work May Be Difficult or Impossible

- Find out if you can work from home.
- Ask your employer about how business will continue during a pandemic.
- Plan for the possible reduction or loss of income if you are unable to work or your place of employment is closed.
- Check with your employer or union about leave policies.

### Internet Resources:

[www.ReyesSyndrome.Org](http://www.ReyesSyndrome.Org)  
[www.FLU.Gov](http://www.FLU.Gov)  
[www.CDC.Gov](http://www.CDC.Gov)  
[www.DHS.Gov](http://www.DHS.Gov)  
[www.PandemicFlu.Gov](http://www.PandemicFlu.Gov)

### Schools May Be Closed for an Extended Period of Time

- Plan home learning activities and exercises. Have materials, such as books, on hand. Also plan recreational activities that your children can do at home.
- Consider childcare needs.

### Transportation Services May Be Disrupted

- Think about how you can rely less on public transportation during a pandemic. For example, store food and other essential supplies so you can make fewer trips to the store.
- Prepare backup plans for taking care of loved ones who are far away.
- Consider other ways to get to work, or, if you can, work at home.

### People Will Need Advice and Help at Work and Home

- Think about what information the people in your workplace will need if you are a manager. This may include information about insurance, leave policies, working from home, possible loss of income, and when not to come to work if sick.
- Meet with your colleagues and make lists of things that you will need to know and what actions can be taken.
- Find volunteers who want to help people in need, such as elderly neighbors, single parents of small children, or people without the resources to get the medical help they will need.
- Identify other information resources in your community, such as mental health hotlines, public health hotlines, or electronic bulletin boards.
- Find support systems—people who are thinking about the same issues you are thinking about. Share ideas.

### Be Prepared

- Stock a supply of water and food. During a pandemic you may not be able to get to a store. Even if you can get to a store, it may be out of supplies. Public waterworks services may also be interrupted. Stocking supplies can be useful in other types of emergencies, such as power outages and disasters. Store foods that:
  - \* are nonperishable (will keep for a long time) and don't require refrigeration
  - \* are easy to prepare in case you are unable to cook require little or no water, so you can conserve water for drinking

### Stay Healthy

- Take common-sense steps to limit the spread of germs. Make good hygiene a habit.
- Wash hands frequently with soap and water.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Put used tissues in a waste basket.
- Cough or sneeze into your upper sleeve if you don't have a tissue.
- Clean your hands after coughing or sneezing. Use soap and water or an alcohol-based hand cleaner.
- Stay at home if you are sick.

**REMEMBER:** Do NOT give aspirin or aspirin products to children under the age of 19. This includes Bismuth products such as Pepto-Bismol!