

To Plan for a Pandemic:

- 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.

FOR MORE
INFORMATION

pandemicflu.gov

Visit the website or call
800-CDC-INFO

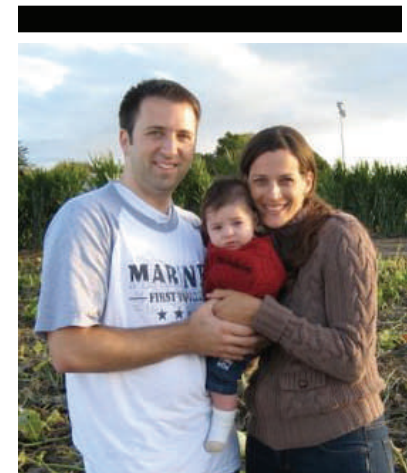
*All of the information and wording contained
in this brochure comes directly from the
pandemicflu.gov website.*

Livermore-Pleasanton Fire Department
on the web at www.lpfire.org



**Livermore-Pleasanton Fire
Department**

Pandemic Flu Planning for Individuals and Families



P R E P A R A T I O N

Pandemic Flu Preparedness

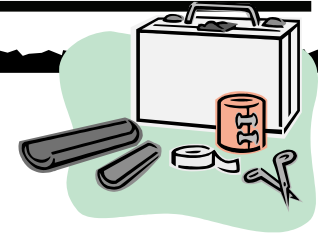


You can prepare for an influenza pandemic now. You should know both the magnitude of what can happen during a pandemic outbreak and what actions you can take to help lessen the impact of an influenza pandemic on you and your family. This brochure will help you gather the information and resources you may need in case of a flu pandemic.

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

Examples of food and non-perishables:

- ✓ Cans of ready-to-serve meat, fruit, vegetables and soups
- ✓ Protein bars and fruit
- ✓ Dry cereal or granola
- ✓ Nuts or peanut butter
- ✓ Dried fruit
- ✓ Crackers
- ✓ Canned juice
- ✓ Bottled water
- ✓ Baby food in cans or jars, formula
- ✓ Pet food
- ✓ Other non-perishable items



Examples of medical, health, and emergency supplies:

- ✓ Prescribed medical supplies such as glucose and blood-pressure monitoring equipment
- ✓ Soap and water, or alcohol-based (60-95%) hand wash
- ✓ Medicine for fever, such as ibuprofen and acetaminophen
- ✓ Thermometer
- ✓ Anti-diarrhea medicine
- ✓ Vitamins
- ✓ Fluids with electrolytes
- ✓ Cleaning agents/soap
- ✓ Flashlight and batteries
- ✓ Portable radio
- ✓ Manual can opener
- ✓ Garbage bags
- ✓ Tissues, toilet paper, disposable diapers