

Be Prepared for Pandemic Flu

Pandemic flu is a worldwide outbreak of a new strain of flu virus. During a flu pandemic, millions of people could get sick, forcing stores and businesses to close. In an emergency like pandemic flu, you may not be able to get the things that you need when you need them most. That is why it is important to stock your own supply of important items so that when you need them, they'll be there. To be ready for pandemic flu, use this handy shopping list of items that you can purchase here to create your own pandemic flu preparedness kit. Stock up on a two-week supply of these items:

Food & Non-Perishables

- Canned meats, fruits, vegetables, & soups
- Protein or fruit bars
- Vitamins
- Powdered milk
- Dried fruit
- Bottled water (min. 1 gallon per person per day)
- Staples (rice, flour, spices, etc.)
- Crackers, snack foods
- Dry cereal, granola
- Peanut butter, nuts (if you are not allergic)
- Canned juices
- Canned or jarred baby food, formula

First Aid & Healthcare

- Medicines for fever (acetaminophen or ibuprofen)
- Antacid (for stomach upset)
- Sterile adhesive bandages in assorted sizes
- Cleansing agent/soap
- Thermometer
- Prescription & nonprescription medications
- Anti-diarrheal medication
- Laxative
- Sterile gauze pads & rolled bandages
- Disposable gloves
- Antiseptic

Sanitation

- Toilet paper, towelettes, tissues
- Alcohol-based hand wash
- Feminine & personal hygiene items, diapers
- Plastic bucket with tight lid
- Soap, liquid detergent
- Surgical masks, gloves
- Plastic garbage bags, ties
- Disinfectant or chlorine bleach

General Supplies

- Paper cups, plates, & plastic utensils
- Battery-operated radio, extra batteries
- Manual can opener, utility knife
- Matches
- Plastic storage containers
- Scissors, needles, thread
- Sterno
- 2 flashlights, extra batteries
- Small canister fire extinguisher
- Aluminum foil & plastic wrap
- Paper, pencil

Remember

- ✓ Have a two-week supply of food & water for any emergency.
- ✓ Keep your preparedness kit in an easy-to-carry, waterproof container.
- ✓ Store your kit in a convenient place known to all family members.
- ✓ Change your stored water supply every six months. Replace your stored food every six months.
- ✓ Ask your physician or pharmacist about storing prescription medications.

For more information on pandemic flu, visit www.ct.gov/ctfluwatch or call 2-1-1