



What You Can Do To Prepare For a Possible Avian Flu Pandemic

Understand:

- Pandemic flu is much more severe than the seasonal flu.
- Pandemics occur naturally several times a century. Whether another will occur is not a question of *if*, but *when*.
- The current H5N1 outbreak is *capable of human-to-human transmission* and has already done so in Indonesia, Turkey and Iraq
- Effective vaccines **will not be available** in time or in amounts to help everyone
- Those between the ages of 20 and 50 may be the most at risk
- Do not expect that your government will be able to provide necessary and timely help
- In the National Pandemic Influenza Plan (released May 2006), the **U.S. Department of Homeland Defense** advises citizens to "*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.*"

TAKE EFFECTIVE ACTION:

1. **Start stockpiling** sufficient water, food, medicine and supplies as necessary to survive without leaving your home for a *minimum of two weeks*. Begin this now.
 - You will need a minimum of one gallon (4 liters) of water per person per day.
 - Increase this supply, as you can, to one that can last you and/or your family for 3 months
 - Find out which prescription meds you can get in advance
2. Get a **pneumonia vaccine shot** and get the **annual flu shot**
3. Self-educate to further inform yourself about the risks H5N1 presents:

The Bird Flu Preparedness Guide - Gratton Woodson, MD.

The Bird Flu Pandemic - Dr. Jeffrey Greene

<http://www.fluwikie.com>

<http://pandemicflu.gov>

Preparation Checklist:

Sources Read:

- Official CDC Pandemic Flu webpage
- National Strategy for Pandemic Flu by U.S. Department of Homeland Security
- Local and State Government Plans
- Employer Pandemic Leave Plans
- School Pandemic Preparedness Plans

Items Stockpiled:

- Water, water storage containers, water purification materials
- Food (non-perishable, dried items)
- Sanitary Needs
- Over the counter medications for flu, fever, diarrhea, dehydration
- Prescription medications
- Alternate lighting (flashlights, glow sticks)
- Clothing, towels, and linens
- Cleaning and disinfecting supplies
- Emergency Cash (small bills)
- Battery Radios, TV's, and plenty of batteries
- Emergency medical information and documents such as insurance, deeds, and wills
- Amusements for children and adults (cards, books, games that don't need electricity)

Plans Made:

- Contact information for family and friends outside your local area if you have to be evacuated due to civil unrest, fires, or natural disaster during the pandemic

*This guide is modeled on available information from multiple Internet and government sources as of May 2006.