



# Household Preparedness A to Z

A pandemic is a worldwide outbreak of illness. During an influenza pandemic – such as the current H1N1 flu pandemic – our everyday lives could drastically change. These changes may include temporary closing of schools or cancellation of events, disruption of normal services such as utilities and some shortages. There are things you can do now to prepare. Take time to understand the needs of your household; and take action to help lessen the impact of an influenza pandemic.

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**A** **ASPIRIN** or non-aspirin pain reliever, **ANTACID** for upset stomach.

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**B** Household chlorine **BLEACH** can be used as a disinfectant (diluted nine parts water to one part bleach) or in an emergency to purify water (Use 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners).

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**C** **CELL** phone. **CASH**, traveler's checks, change.

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**D** **DISINFECTANT** - household cleaners, hand wipes and alcohol-based hand sanitizer.  
**DISPOSABLE DIAPERS.**

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**E** **EMERGENCY** reference material such as a first-aid book.

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**F** **FOOD** - Store at least a one-week supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water such as protein bars, ready-to-eat canned meats, soups or vegetables, crackers, dry cereal, peanut butter, canned juices and baby food. **FLASHLIGHT** and batteries.

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**G** **GARBAGE BAGS** and plastic ties for personal sanitation. **GASOLINE** for vehicles - because gas stations rely on electricity to power their pumps, keep your car fuel tank at least half full to get you to an emergency medical location if needed.

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**H** Personal **HYGIENE** items such as feminine supplies, soap and shampoo.

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**I** **IMPORTANT** family documents **I** Keep copies of important family records such as insurance policies, wills, identification and bank account records in a waterproof, portable container.

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**J** Sports **JUICE** or fluids containing electrolytes to treat dehydration.

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**K** **FIRST-AID KIT** - Two pairs rubber or latex gloves, cleansing agent/soap, antibiotic ointment, adhesive bandages in a variety of sizes, thermometer, non-prescription medications such as cough and cold remedies and fever remedies such as ibuprofen, acetaminophen or aspirin.

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**L** **LIST** of emergency contacts such as fire, police, doctors and local hospitals.

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- M** Prescription **MEDICATIONS** you take every day such as insulin, heart medicine and asthma inhalers. Periodically rotate medicines to account for expiration dates.
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- N** **NOSE AND MOUTH PROTECTION** - Cough and sneeze into your elbow if you don't have tissues.
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- O** Manual can **OPENER**.
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- P** **PET** food and supplies.
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- Q** **QUICK REFERENCE** of family health histories ∅ medications, allergies and vaccinations.
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- R** Battery-powered **RADIO** and batteries.
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- S** **SLEEPING BAG** or warm blanket for each person with enough insulation to keep family members warm in winter.
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- T** **TISSUES** to cover coughs and sneezes, paper **TOWELS** and **TOILET** paper.
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- U** To turn off **UTILITIES**, locate your turn-off switches/valves and determine if you need wrench or pliers.
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- V** **VITAMINS**.
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- W** **WATER** - Keep at least a one-week supply of water per person. One gallon of water per person per day, for drinking and sanitation. Children, nursing mothers and sick people may need more water.
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- X** **EXTRA** batteries for radio and flashlight.
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- Y** **YOUR BEST DEFENSE IS COMMON SENSE** - Wash hands frequently with soap and water, limit contact with sick people and maintain healthy habits.
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- Z** **ZIP** up with a complete change of warm clothing, socks and shoes per person.
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## GET INFORMED

The Ohio Department of Health offers information about the H1N1 virus and other resources at <http://www.odh.ohio.gov>.

- Planning resources for Ohio's families, schools, businesses, communities, health care providers and local governments •
- Fact sheets, questions and answers, brochures and more

For more information on national pandemic flu planning, visit the U.S. Health and Human Services Web site <http://www.pandemicflu.gov>. This Web site includes some of the following resources:

- Planning checklists • Family emergency health information sheet • Emergency contacts form • Strategies to mitigate pandemics

The World Health Organization Web site <http://www.who.int/en/> provides updates on influenza around the world in several languages. Other resources include:

- Advice for travelers • Frequently asked questions • Industry guidelines