

Emergency Preparedness Plan

Preparing for any type of Emergency (Typhoon, Earthquake, or the Pandemic Influenza):

1. To plan for the emergency:
 - Store a two week supply of water and food. During an emergency, 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.
 - 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.
2. To limit the spread of germs and prevent infection:
 - Wash hands frequently with soap and water.
 - Cover coughs and sneezes with tissues.
 - Stay away from others as much as possible if they are sick. Stay home from work and school if you are sick.

Items to have on hand in preparation of an outbreak:

Food and non-perishables

- Ready-to-eat canned meat, fruits, vegetables, and soups.
- Protein or fruit bars
- Dry cereal, granola, or oats
- Peanut butter or nuts
- Dried fruit
- Crackers
- Canned juices
- Bottled water
- Canned or jarred baby food and formula.
- Pet Food

Medical, health, and emergency supplies

- Prescribed medical supplies such as glucose and blood pressure monitoring equipment.
- Soap and water, or alcohol based hand wash, and a cleansing agent.
- Thermometer
- Medicines for fever, cough and decongestant such as acetaminophen, ibuprofen, robitussin dm.
- Anti-diarrheal medication
- Vitamins
- Fluid with electrolytes
- Flashlight
- Batteries
- Portable radio
- Manual can opener
- Garbage bags
- Tissue, toilet paper, disposable diapers, paper products, and plastic silverware.

