

WHAT CAN YOU DO?

Preparing for a pandemic flu can reduce your chances of getting sick and help limit the spread of disease.

As many as 1 in 4 people could get sick during a pandemic, with many of them seriously ill. Services and supplies we count on everyday may not be available. Every individual and family could be on their own, without care, for quite a while.

Because everyday life may be different during a pandemic flu and services could be disrupted, make sure you have these items in your emergency preparedness kit:

- Two weeks worth of food for you and your family. This should be food that does not need refrigeration. Foods like canned meats and fish, beans, soups, fruits, and dry goods like flour, salt, and sugar are good choices.
- Water stored in sealed, unbreakable containers. If water service is disrupted, plan on one gallon for each person for each day, for up to two weeks.
- Two weeks worth of prescription medicines.
- Two weeks worth of ibuprofen or acetaminophen (Tylenol) for each person in the house for fever and pain. A two week supply of cough medicine.
- Re-hydration solution, for example Pedialyte for kids, Gatorade for adults and teens. Please see the box below for instructions to make a re-hydration solution for adults and teens. For children, especially infants and toddlers, a store bought solution is strongly recommended.
- Supply of face masks and plastic gloves. These will help protect you, especially if you are taking care of family members who are sick with the disease.
- Disinfectants and chlorine bleach.

Re-hydration Solution for Adults and Teens

- *4 cups of clean water, 2 Tablespoons of sugar, ½ teaspoon of salt*
- *Mix all the ingredients until the sugar disappears. You can drink the solution at room temperature.*
- *Please note: Do not boil the solution because that will reduce the solutions helpfulness.*

Keep up to date on a possible pandemic flu by listening to radio and television, and reading news stories about pandemic flu.

>Helpful links: www.redcross.org, Emergency kits: www.cdc.gov, For general information: www.pandemicflu.gov, For updates: www.cdc.gov/travel/destinat.htm, For health related travel info: www.who.int/.

For local Board of Health information listen to: WNYN 99.9 FM, WGAW 1340 AM, WEIM 1280 AM, WINQ 98.7 FM, WKBK 1290 AM, and WKNE 103.7 FM.

TEMPLETON BOARD OF HEALTH