



## Assemble your disaster/emergency kit:

- Water (1-2 gallons per day per person)
- Food (non-perishable)
- Pet food
- Utensils, plates, cups, manual can opener
- First Aid kit
- Medications, vitamins and special items
- Pain reliever, anti-diarrhea medication
- Tools and supplies
- Sanitation, towels
- Clothing
- Bedding
- Battery-powered radio
- Flashlights and batteries
- Emergency car kit
- Important family documents

# Preparing for a flu pandemic



## What else you can do:

- Monitor local radio stations and regional television stations for public health alerts.  
Radio: KBZY 1490 AM  
KGAL 1580 AM  
KSND 91.5 FM  
KWBY 940 AM (Spanish)  
KWIP 880 AM (Spanish)  
KYKN 1430 AM
- Check the Marion County Health Department Web page at [health.co.marion.or.us/ph/Epid/](http://health.co.marion.or.us/ph/Epid/) for more information.
- During a public health emergency, updated information will be displayed through the link called "Health Alerts" on the Health Department Web site.
- Call the Marion County Health Department at (503) 584-4870 if you have questions.
- Check U.S. pandemic and avian flu information online at [www.pandemicflu.gov](http://www.pandemicflu.gov)
- Also check for emergency information on the Web site for the Willamette Chapter of the Red Cross, [www.redcross-salem.org](http://www.redcross-salem.org). They may offer assistance. The phone number is (503) 585-5414.

For more detailed information on preparing emergency kits, check the Red Cross Web site at [www.redcross.org](http://www.redcross.org).



If you have space and funds, store enough food, water and medicines to take care of your family for **two weeks**.

In a widespread outbreak of a contagious disease, health and emergency systems may be overwhelmed for a period of time and able to help only those with the most critical needs.

Keep this flyer, your Family Health Information sheets, and important phone numbers with your emergency kit.

Use this information  
to prepare and protect  
yourself and your family

## Be prepared

### Before any type of emergency:

- Stock up on enough food, water and other supplies to last at least 72 hours. A public health emergency, such as pandemic flu, may require a supply adequate for two weeks.
- Get an extra supply of your regular prescription drugs.
- Have a supply of over-the-counter drugs for pain, stomach complaints, coughs and colds, as well as vitamins and fluids with electrolytes.
- Prepare a Family Health Information sheet that includes each person's name, blood type, allergies, past/current medical conditions, and current medications and their dosages.
- Prepare a list of phone numbers to use in an emergency, including hospitals, family doctor, health department, pharmacy, work, school, veterinarian, and religious/spiritual organization contact.
- Practice your family emergency plan and have a local and an out-of-town number for family members to call if separated. (Local phone exchanges can become overwhelmed.)
- Talk with loved ones about how they would be cared for if they got sick and what will be needed to care for them in your home.



## In a pandemic or widespread disease outbreak

**Respiratory diseases, such as flu, are spread through droplets during coughing and sneezing.**

### Add to your emergency kits:

- Surgical masks
- Alcohol-based hand cleaner


### To stop the spread of disease:

- Wash your hands often with soap and water, especially before touching your eyes, nose, or mouth and before eating. 
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Put used tissues in a waste basket.
- Cough or sneeze into your upper sleeve if you don't have a tissue. 
- Clean your hands after coughing or sneezing with soap and water or an alcohol-based hand cleaner.
- Stay at home if you are sick.

**Reduce your risk by staying home if possible, but if you must go out in public:**

- Avoid large events or groups of people.
- Stay 3-6 feet away from people who have cold symptoms.
- Wear a mask if you have cold symptoms to protect others.

### If caring for an ill loved one:

- Wear a mask while within 3-6 feet of the ill person. 
- Wash hands before and after direct care of the ill person.
- Clean items soiled with droplets with soap and water and then use a disinfectant.
- When taking the ill person out in public, consider placing a mask on him or her to help keep germs from spreading.