Individuals and Families Checklist for Pandemic Flu Planning

Date

Preparedness Subject	Actions/Notes	Completed
1. **Store a two-week supply of water and food for each family member** that includes:		
• ready-to-eat meals that require little water or cooking to prepare		
• canned meats, fish, fruits, vegetables, beans, and soups		
• protein or fruit bars		
• dry cereal or granola		
• peanut butter or nuts		
• dried fruit		
• crackers		
• canned juices		
• bottled water		
• tea, cocoa, coffee		
• comfort or favorite foods (such as cookies or candy bars)		
• foods for special needs (e.g., canned or jarred baby food and formula)		
• pet food		
• other non-perishable items		
• manual can opener		
2. **Create a medical kit** that includes, at a minimum:		
• prescription medications		
• medical supplies such as blood pressure or glucose monitoring kit		

Adapted from lists developed by DHHS and CDC.

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Preparedness Subject	Actions/Notes	Completed
• fever and pain relievers such as ibuprofen and acetaminophen		
• thermometer		
• vitamins		
• fluids with electrolytes		
• anti-diarrhea medication		
3. Assemble an emergency resources kit that includes, at a minimum:		
• camping stove and lanterns		
• portable radio		
• flashlight		
• batteries		
4. Gather personal hygiene products, including:		
• cleansing agent/soap		
• toilet paper		
• sanitary napkins		
• diapers		
• heavy-duty garbage bags		
5. Develop a non-electronic entertainment kit for home that includes:		
• books		
• board games		
• arts and crafts supplies		
• playing cards		
• gear for yard games (e.g., basketball, hopscotch, jump rope, baseball and mitts)		

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