



Pandemic Influenza | Before Hazard Preparation Checklist

What Can I Do Before an Influenza Pandemic?

- ❑ Get vaccinated. Vaccination is the best protection against contracting the flu. Everyone 6 months of age and older should get vaccinated against the flu as soon as the seasonal vaccine is available in your area, unless you are directed otherwise by your doctor.
- ❑ Wash your hands often with soap and water, especially after you cough or sneeze. You also can use an alcohol-based hand sanitizer.
- ❑ Do not touch your eyes, nose, or mouth to avoid spreading germs.
- ❑ Try to avoid close contact with sick people.
- ❑ Ensure that your emergency kit is fully stocked, and consider increasing your water and food reserves to a two-week supply. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have these extra supplies on hand.
- ❑ Periodically check your regular prescription drugs to ensure that you have a continuous supply in your home.
- ❑ 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 would be needed to care for them in your home.
- ❑ Get involved in community efforts to prepare for an influenza pandemic.