

- **Cash** - Banks may not always be open and cash machines may not always work.
- **Pet supplies** - Remember to have food, water and cat litter on hand.
- **Cell phone or regular phone with a cord** - Cordless phones will not work if the power is out.
- **Large trash bags** - Garbage service may be disrupted or postponed for many days.



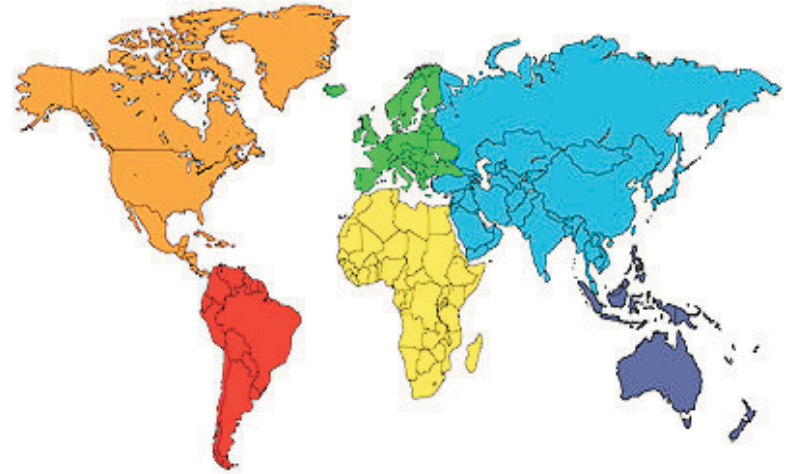
What kind of household and emergency plans should I make?

- Agree on a point of contact where all family members can check in if you are separated during an emergency.
- Decide who will care for children if schools are closed.
- Plan to limit the number of trips you take to shop or run errands. Also, remember public transportation routes and times may be limited.
- Think about how you would care for people in your family who have disabilities if support services are not available.
- Be prepared to get by for at least a week on what you have at home. Stores may not be open or may have limited supplies.



Union County

Preparing for Pandemic Influenza

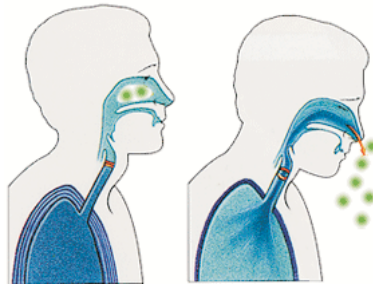


What can I do?



How can I prevent the spread of germs?

The flu virus spreads from human to human when an infected person coughs, sneezes or touches things used by others. You can protect yourself and others from germs by doing these simple things:



- **Cover your mouth and nose when you cough or sneeze.** Don't use your bare hand. Cough into your sleeve or cover your mouth and nose with a tissue.
- **Wash your hands.** The best way to protect yourself from viruses is to wash your hands often with soap and water. You can also use alcohol-based hand sanitizers or baby wipes.
- **Don't touch your eyes, nose or mouth.** The flu virus can be spread when a person touches something that has the virus on it and then touches his or her eyes, nose or mouth.
- **Stay home when you're sick or have flu symptoms.** Drink lots of water and get plenty of rest and visit a doctor if needed.

What can I do to care for someone sick at home?

Learn basic care-giving. Know how to provide care to someone with a fever, body aches and lung congestion. During a flu pandemic, the Union County Health Department will provide specific instructions for caring for the sick as well as information about when to call a health care provider.

Learn how to recognize and treat dehydration. Weakness, fainting, dry mouth, dark concentrated urine, low blood pressure or a fast pulse are signs of dehydration. The flu virus causes the body to lose water through fever and sweating. To prevent dehydration, it is very important for a person with the flu to drink up to 12 glasses of water a day.



What should I keep in my home?

- **Enough food and water per person for a week or more** - Choose foods that can be stored for long periods of time and don't have to be refrigerated or cooked. Make sure you have a non-electric can opener.
- **Medication** - Keep at least a week's supply of medicine you take regularly.
- **Medicine to relieve flu symptoms** - Store medicines that treat fever, such as ibuprofen and acetaminophen. Cold packs, blankets and humidifiers will also be useful. Have extra water and fruit juices on hand to prevent dehydration for someone who may be sick.
- **Personal comfort items** - Stock at least a week's supply of soap, shampoo, toothpaste, toilet paper and cleaning products.
- **Activities for yourself and your children** - Have books, crafts, board games, art supplies and other things for you and your children to do. Include things that don't require electricity.

