

Helpful Websites

General pandemic flu information:

US federal government website:
www.flu.gov/

World Health Organization (WHO):
<http://www.who.int/influenza/en/>

American Red Cross Disaster Prepared-ness for People with Disabilities and Other Special Needs:
http://www.redcross.org/services/disaster/0,1082,0_603_00.html

Pandemic influenza information in multiple languages:

US Center for Disease Control and Prevention:
<http://www.cdc.gov/flu/avianflu/h7n9-virus.htm>

National Defense University, Center for Technology and National Security Policy, Bird Flu and You poster:
<http://www.garretthealth.org/pdfs/BirdFluanalyou%20Big%20Final.pdf>

Pandemic Flu Emergency Supplies Checklist

- Drinking water for 10 days (1 gallon per person per day)
- Canned juice
- Ready to eat canned food
- Jars of baby food
- Baby formula
- Pet food
- Prescription medication
- Over the counter medication
- Portable radio and extra batteries
- Flashlights and extra batteries
- Toiletry supplies
- Garbage bags
- Soap and alcohol based hand cleaner
- Books, DVDs, videos and cards for entertainment
- Small First Aid Kit



Pandemic Influenza



**Employees With
Special Needs
and/or
Disabilities**

Things to consider

- Businesses should take into consideration employees with special needs and/or disabilities when planning for pandemic preparedness.
- Examples of disabled employees and employees with special needs include:
 - ⇒ Employees with physical disabilities. These employees may need help getting food and other essential day to day supplies during a pandemic especially if supplies were limited and local stores were closed.
 - ⇒ Employees with mental disabilities. These employees may have trouble understanding the seriousness of a pandemic and/or preparing for a flu pandemic for themselves.
 - ⇒ Employees with limited English language skills. Without language appropriate education, these employees may have trouble understanding what a pandemic flu is and why it is important to be prepared for one.
 - ⇒ Employees with chronic health conditions. Many business may be closed and routine health care may be difficult to acquire during a pandemic. These employees may need to make special arrangements for their health care.
 - ⇒ Low income employees. These employees may need help putting together a family emergency preparedness kit and getting food and other essential supplies before & during a pandemic.



What you can do

1. Help employees find information on how to prepare for emergencies if they are physically disabled.
 - The American Red Cross maintains an excellent website on preparing for disasters for people with disabilities.
 - *See links to the American Red Cross website on the back of this brochure.*
2. Contact families of employees with disabilities and educate them about the importance of preparing for an emergency such as a flu pandemic, and where to locate pandemic flu resources.
3. Develop a buddy system at work for employees with disabilities. During a pandemic, make sure someone checks in with a disabled employee to make sure that he/she is informed of the latest situation.
4. Remind employees with chronic health conditions to do the following:
 - Make sure they have at least 7 days supply of medications that they depend on.
 - Make sure they ask their doctors for extra prescriptions .



5. Help employees with limited English language skills find educational materials on pandemic flu in their native languages.
 - A number of websites exist with information on the topics of pandemic flu and emergency preparations. See back of brochures for links.
6. Help low income employees and their families locate resources to help them prepare for an emergency.
7. Make sure your company keeps updated emergency contact information for all your employees.
8. Educate all employees about personal hygiene and the importance of social distancing (staying home when sick) to minimize the spread of disease.
9. Encourage all employees to prepare an emergency supplies kit at home. See the back of this brochure for a list of supplies.

