

Family Emergency Supplies Checklist For Pandemic Flu and Other Disasters

Emergency Planning

- Check with your employer about emergency plans and policies at your workplace.
- Plan for a possible reduction or loss of income.
- Know where to get accurate and up-to-date health and safety information before and during a pandemic.
- Share emergency contact phone numbers and medical information with your close friends, family members, employers and/or trusted neighbors.

Each family should have at minimum a 72 hour supply of the following:

Non-perishable Foods

- Drinking water (1 gallon per person per day)
- Canned juice
- Ready to eat canned food (meats, vegetables, fruits, beans and soups)
- Protein bars
- Crackers
- Peanut butter and jelly
- Pet food



Emergency Supplies

- Prescription medication
- Over-the-counter medication (acetaminophen or ibuprofen)
- First aid kit
- Mechanical can opener
- 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

