



FACT SHEET

What **YOU** Can Do to **PREPARE** for a **Flu Pandemic**

A flu pandemic would test us all. It would push our health system to the limit and disrupt the services we take for granted. Daily life would change.

While there is no pandemic, this is the time to think about your daily life and routines. This is the time to plan for how you would cope in a pandemic.

Across Canada, government officials, health care workers, and employers are planning for a flu pandemic. To be prepared, we all need to do our share. There are some simple steps we can take now.

1. Get informed and stay informed.

Learn about the risk of a pandemic and what you can do to prepare. Most of us fear the unknown. Learning and taking action can help reduce our fears.

2. Think about your daily routines.

What do you do in a normal day? What services do you use? What would you do if they were reduced or had to close? What do you really need to do in a day? Think of a backup plan to get your main tasks done.

3. Prepare a supply of water, food and medicine at home.

This will help you if food stores and drug stores have low supplies during a flu pandemic. It will also help if you or someone in your house gets sick with pandemic flu. You'll have the supplies you need to get through the sickness.

4. Keep useful phone numbers and health information handy.

During a pandemic you might need to call for medical advice or help. Make a list of useful phone numbers. Fill out a health sheet for your household. That way you'll have everything you need if you have to call for advice or help.

5. Share your ideas.

Talk to your family, friends, neighbours, people at work, and in your local area about pandemic flu and how to prepare for it. Share ideas, make plans, and find ways to help each other out.

No one knows when the next flu pandemic will be. By being informed, planning ahead, and having supplies at home we can prepare for a pandemic. These steps will help us cope in other emergencies too.

For **more information**, go to www.pandemic.cpha.ca or call **1-800-454-8302**.



Pandemic Flu Check List for Your Home

Prepare a stock of food and water for at least three days and up to two weeks:



- Bottled water: 2 litres per person per day.
- Canned food (e.g. juice, soup, stew, fish, fruit, pasta, baked beans).
- Manual can opener.
- Dried fruit.
- Dry food (e.g. crackers, biscuits, protein bars).
- Honey, peanut butter, jam, sugar.

Medical supplies:

- Pain relievers/fever reducers (e.g. acetaminophen, ibuprofen), stomach remedies, cough and cold medicine, anti-diarrhea medication, fluids with salt and sugar.
- Prescription medication: don't wait until the last minute to get prescriptions filled. Try to keep at least one month's extra supply on hand at all times.
- If you don't have a thermometer, get one and learn how to use it. It is the best way to work out if a sick person has a fever, how high it is, and if you need to get medical help.



Health and hygiene supplies:

- Soap.
- Alcohol-based handrub or handwipes.
- Tissues.
- Toilet paper.
- Garbage bags.
- Plastic bags.



General items:

- Flashlight and batteries.
- Candles and matches or a lighter.
- Battery powered or wind up radio.
- Cash and change for pay phones.
- Spare keys (e.g. for house, car etc.).





Important Phone Numbers

During a flu pandemic you may want to talk to someone for information, medical advice or help. Filling out this form will help you keep useful phone numbers in one place. Then, if you need help you can find the number easily.

Hospitals and clinics will be very busy during a flu pandemic. We can help reduce the burden on the health system. For general information call one of the public health hotlines. For medical advice call your local public health line, family doctor, walk-in clinic, or pharmacy. In an emergency call 911 or go to your local hospital.

For general information or health advice about pandemic flu call:

Public health hotlines

Local	☎:
Provincial/territorial	☎:
National	Free phone number: 1-800-454-8302

For medical advice or help during a flu pandemic call:

Family doctor	Name:	☎:
Local walk-in clinic	Address:	☎:
Local pharmacy	Address:	☎:

In an emergency call: 911 or visit your local hospital

Local hospital	Address:
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Health Information for the Household

If you need medical help during a flu pandemic, health workers may ask you for some basic health information. Keep it in one place for your household by filling out this form. Then if you need help you will find the information easily.

	Member 1	Member 2	Member 3	Member 4	Member 5
Name					
Date of birth					
Health card number					
Blood type					
Allergies					
Medical conditions					
Medication 1 <i>(daily dose)</i>					
Medication 2 <i>(daily dose)</i>					
Medication 3 <i>(daily dose)</i>					
Medication 4 <i>(daily dose)</i>					