

**Items to have on hand for an extended stay at home:**

**Examples of food & non-perishables**

- ◆ Store 2 weeks of nonperishable food, including ready-to-eat canned meats, fish, fruits, beans, vegetables, & soups
- ◆ Protein or fruit bars
- ◆ Dry cereal or granola
- ◆ Dried milk powder
- ◆ Peanut butter or nuts
- ◆ Dried Fruit
- ◆ Crackers
- ◆ Canned juices
- ◆ **Water** –Store 2 weeks of water, 1 gallon of water per person per day. (2 quarts for drinking, 2 quarts for food preparation/sanitation), in clean plastic containers. Avoid using containers that will decompose or break, such as milk cartons or glass bottles.
- ◆ Canned or jarred baby food & formula
- ◆ Pet food

Other nonperishable, non refrigerated foods

**Examples of medical, health, & emergency supplies**

- ◆ Prescribed medical supplies such as glucose & blood-pressure monitoring equipment
- ◆ Cleansing agent/soap or alcohol-based (60-95%) hand wash
- ◆ Medicines for fever, such as ibuprofen or acetaminophen
- ◆ Thermometer
- ◆ Anti-diarrhea medication
- ◆ Vitamins
- ◆ Fluids with electrolytes
- ◆ Flashlight
- ◆ Batteries
- ◆ Portable radio
- ◆ Manual can opener
- ◆ Garbage bags
- ◆ Tissues, toilet paper, disposable diapers

**BE INFORMED—LEARN MORE**

**Why is pandemic influenza so serious?**

It is serious because most people will not have immunity to the new pandemic virus and because large numbers of persons around the world can potentially be infected. Once a pandemic virus develops, it can spread rapidly causing intense pressure on health services and disruption to many aspects of daily life.

[South Central District Health](http://www.panflusouthidaho.org)

[www.panflusouthidaho.org](http://www.panflusouthidaho.org)

[Pandemic Flu Planning Checklist for Individuals & Families](http://www.pandemicflu.gov/plan/individual/index.html)

<http://www.pandemicflu.gov/plan/individual/index.html>

[Idaho Dept. of Health and Welfare](http://www.healthandwelfare.idaho.gov/site/3675/default.aspx)

[www.healthandwelfare.idaho.gov/site/3675/default.aspx](http://www.healthandwelfare.idaho.gov/site/3675/default.aspx)

[US Government information](http://www.pandemicflu.gov)

[www.pandemicflu.gov](http://www.pandemicflu.gov)

[Dept. of Health and Human Services—Centers for Disease Control and Prevention](http://www.cdc.gov/flu/protect/stopgerms.htm)

[www.cdc.gov/flu/protect/stopgerms.htm](http://www.cdc.gov/flu/protect/stopgerms.htm)



College of  
Southern Idaho

**PANDEMIC FLU**  
*IMPORTANT*  
*INFORMATION FOR*  
*YOU AND YOUR*  
*FAMILY*



**COLLEGE OF SOUTHERN IDAHO**



Safety Committee  
<http://www.csi.edu/safety>  
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## What is pandemic flu?

Pandemic flu is a type of influenza that occurs every few decades and which spreads rapidly to affect most countries and regions around the world. The symptoms of pandemic flu are similar to those of 'ordinary' flu but are usually more severe.

Flu viruses are constantly changing, producing new strains. Pandemics occur when a virus develops that is so different from previously circulating strains that few, if any, people have any immunity to it. This allows it to spread widely and rapidly, affecting many hundreds of thousands of people.

### What is the difference between 'ordinary' flu and pandemic flu?

#### **Seasonal flu:**

Symptoms are mild to moderate.

Occurs every year during the winter.

Affects up to about 10% of the population.

For most people it is an unpleasant, but not life-threatening infection.

The very young, the very old and people with certain chronic illnesses are most at risk of serious illness.

Annual vaccination is available for those at risk of serious illness.

#### **Pandemic Flu:**

Symptoms are severe and frequently have serious complications.

Occurs sporadically at any time of the year.

May affect about 25% of the population.

Pandemic flu could be a more serious infection for everyone.

People of every age may be at risk of serious illness.

Currently there is no known vaccine available.

The risk for viral transmission will be greatest 1 day before symptoms develop & up to 5 days after becoming sick, thus making it extremely easy for the virus to spread rapidly to large numbers of people.

CALL YOUR DOCTOR.

IF YOU FEEL LIKE YOU HAVE THE FLU.

#### **STAY HOME**

CALL IN SICK—AND REPORT FLU-LIKE SYMPTOMS TO YOUR INSTRUCTOR,

SUPERVISOR, OR DEAN.

*CHECK YOUR EMAIL FOR BULLETINS.*

#### **STAY HEALTHY**

- Wash hands frequently with soap and water.
- When sneezing or coughing, cover your nose and mouth with a tissue or your upper arm if a tissue is not available.
- Put used tissues in a waste basket.
- Avoid touching your eyes, nose or mouth.
- Clean your hands after coughing or sneezing. Use soap and water or an alcohol-based hand cleaner.
- Make sure your children follow this advice.
- Wash soiled dishes & eating utensils either in a dishwasher, or by hand, with warm water & soap. It's not necessary to separate eating utensils used by a patient with influenza.
- Clean counters, surfaces, & other areas in the home and work regularly using everyday cleaning products.
- **Stay at home if you are sick.**

## *Recommendations*

### for families & individuals:

- **Plan** for the possibility that some businesses and schools will be closed and that public services may be disrupted.
- **Stockpile** a two-week supply of water, non-perishable food & other necessities. Be sure you have prescription & non-prescription medicines on hand.
- **Maintain lists** of emergency contacts & important health information, including allergies & blood types, for all family members.
- **Stay Healthy** Eat well, exercise, & practice behaviors that limit the spread of germs.

