Pandemic Flu Planning Worksheet

Directions: Complete the following statements with your plans in the event of a flu pandemic.

- Who would take care of my responsibilities if I became ill?

- If the school or daycare closes temporarily, how will I keep my child or children occupied at home?

- Consider what you will do if you cannot go to work.

- Consider what you will do if you cannot go to public places.

- If someone in my household shows signs and symptoms of the flu, the caregiver will be:

- If the primary caregiver shows signs and symptoms of the flu, the next caregiver will be:

- If members of my household have to stay home or be separated from others for a period of time, they will stay: [insert where in the home they will stay]

- To keep others from being infected in the household, I will: [insert actions you will take to help prevent the spread of the flu]

- Emergency telephone numbers are located: [insert where emergency telephone numbers are located]

- Emergency Supplies, including flu pandemic supplies, are located: [insert where emergency supplies are kept]
Supplies

Directions: Check off the supplies that you currently have on hand. Be sure to make a shopping list and purchase the items that you do not already have on hand.

☐ A 2-week supply of food, water, and medicines. Include vitamins, prescription medications and over-the-counter medicines – such as cough and cold remedies, pain relievers, fever-reducing medications (including acetaminophen and ibuprophen) and anti-diarrhea medication.

☐ Emergency Preparedness Kit

☐ Soap

☐ Bleach or household disinfectants

☐ Alcohol-based hand sanitizer

☐ Paper towels

☐ Tissues

☐ Thermometer

☐ Box of disposable gloves

☐ Electrolyte drinks, fruit juice, and soup or ingredients for electrolyte solution (sugar, baking soda, salt, salt substitute)

☐ Masks (N95 or surgical)