



Pandemic Influenza Preparedness

EMERGENCY KIT

Listed below are supplies recommended to address any emergency situation, with additional suggested supplies for a pandemic.

- flashlight and batteries (in case the lights go out)
- radio and batteries or crank radio (so you can listen to news bulletins)
- spare batteries (for radio and flashlight)
- first aid kit
- candles and matches/lighter
- extra car keys and cash (including coins/cards for telephone)
- important papers (identification for everyone, personal documents)
- food and bottled water (See "food list" below)
- clothing and footwear (one change of clothes per person)
- blankets or sleeping bags (one blanket or sleeping bag per person)
- toilet paper and other personal supplies
- whistle (in case you need to attract someone's attention)
- playing cards, games, books

Think of any special needs that someone in your family might have. Include any other items that your family would need. Here are some suggestions.

Babies / toddlers

- diapers
- bottled milk
- toys
- crayons and paper

Other family members

- prescription medication, and extra eye glasses.
(Keep at least one week's supply of medication in your emergency kit and include copies of prescriptions for your medicine and glasses.)

Pets

- dog/cat food

Emergency food and water kit

Have at least a three-day supply of food and water on hand. Choose ready-to-eat foods that your family likes, and that don't need refrigeration.

Water

- Four litres per person per day
Two for drinking and two for food preparation, hygiene and dishwashing.

Food— enough for at least 72 hours

- canned food: soups, stews, baked beans, pasta, meat, poultry, fish, vegetables, fruits
- crackers and biscuits
- honey, peanut butter, syrup, jam, salt and pepper, sugar, instant coffee, tea

Replace canned food and dry goods once a year.

Equipment

- knives, forks, spoons
- disposable cups and plates
- manual can opener, bottle opener
- waterproof matches and plastic garbage bags
- fuel stove and fuel (follow manufacturer's instructions).

Additional Emergency Supplies for a Pandemic

- thermometer
- an additional two litres of water for each person in your household — people with influenza may require more hydration
- fluids with electrolytes
- medications, including those for headaches, fever and cough.

Note: Aspirin® should not be given to children 20 years old or younger because of the risk of Reye's Syndrome.

- copy of the BC HealthGuide, which provides a range of information on health concerns, symptoms, home treatment and other care options. To get a copy of the 2005 English edition, visit your local pharmacy or Government Agents Office, or refer to the Guide on-line at www.bchealthguide.org/healthguide.stm