

TOP 20 WAYS TO PREPARE FOR A PANDEMIC

1. Have an emergency kit on hand with medical supplies and at a minimum a 72 hour (3 day) supply of food and water for all people and pets in your household.
2. Stay informed and up-to-date - check the [Ministry of Health, Pandemic Influenza](#) and [B.C. Centre for Disease Control](#) websites and read articles, watch the news, and listen to the radio.
3. Plan to get your annual influenza vaccination to help boost your immune system.
4. Teach your children good hygiene to protect them from the influenza virus:
 - Wash your hands frequently before eating and after using the washroom - keep soap at each kitchen or bathroom sink for hand washing.
 - When you are sick, stay home - it is the best way to stop the spread of infection.
 - Cover your cough and sneeze with a tissue - throw your tissue away immediately.
5. Practice a healthy lifestyle - eat healthy foods and get regular exercise -to boost your immune system and help protect yourself and others from influenza.
6. Inform yourself about the basics of pandemic influenza - forewarned is forearmed.
7. Develop your own family plan for a pandemic so you can address issues such as family illness and school or daycare closures.
8. Designate an out-of-town relative or friend to act as a common contact for your family members
9. Make a list of phone numbers of hospitals, doctors, BC NurseLine, Health InfoLine and health units and place them near the phone or on your fridge (refer to the Contacts page) - let family members know where these numbers are located.
10. Have a financial plan in case you or a family member is unable to work for a period of time due to illness or family illness.
11. Have enough prescription medicines on hand for at least six weeks.
12. Stock over-the-counter medications, such as acetaminophen, ibuprofen or aspirin®, antacid and cough/cold medication. Aspirin® should not be given to children and youth 20 years or younger because of the risk of Reye's Syndrome.
13. If you are able, plan to work from home during a pandemic.
14. If traveling, check travel advisories on the [Public Health Agency of Canada](#) website.
15. If you have been traveling in areas where influenza activity is high, monitor your health (watch for symptoms of fever and cough). If you have these symptoms, call the BC NurseLine or your doctor.
16. If you own a business, make sure you have a plan in place to address employee absenteeism and a possible decrease in sales and revenue.
17. Ask your local government, school district, daycare and employer about their preparations for a pandemic.
18. Talk with neighbours, seniors and others in your neighbourhood to see if they are preparing for a pandemic, and if they will require any help.
19. If you know a health care worker, emergency responder or other frontline workers, talk with them now to find out how you can help them during a pandemic.
20. Review and revise your plans regularly and rotate food and water supplies.