

### Examples of food and non-perishables to have on hand

- ❖ Ready-to-eat canned meats, fish, fruit, vegetables, beans, and soups
- ❖ Protein or fruit bars
- ❖ Dry cereal or granola
- ❖ Peanut butter or nuts
- ❖ Dried fruit
- ❖ Crackers
- ❖ Canned juices
- ❖ Bottled water (one gallon per person per day)
- ❖ Canned or jarred baby food and formula
- ❖ Pet food

### Examples of medical, health and emergency supplies to have on hand

- ❖ Prescribed medical supplies such as glucose and blood-pressure monitoring equipment
- ❖ Soap and water, or alcohol-based hand wash
- ❖ Medicines for fever, such as acetaminophen or ibuprofen
- ❖ Thermometer
- ❖ Anti-diarrhea medication
- ❖ Vitamins
- ❖ Fluids with electrolytes
- ❖ Flashlight
- ❖ Batteries
- ❖ Portable radio
- ❖ Manual can opener
- ❖ Garbage bags
- ❖ Tissues, toilet paper, plastic gloves, disposable diapers

### Stay Healthy

Take common-sense steps to limit the spread of germs:

- Get a flu shot annually



- Wash hands frequently



- Cover your mouth and nose with a tissue when you cough or sneeze



- Cough or sneeze into your upper sleeve if you do not have a tissue
- Clean your hands after sneezing or coughing
- Stay home if you are sick
- Get plenty of sleep
- Be physically active
- Manage your stress
- Drink plenty of fluids and eat nutritious food

### Common Flu Symptoms

- Fever (usually High)
- Headache
- Extreme tiredness
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle aches, and
- Nausea, vomiting, and diarrhea (much more common among children than adults)

### Get Informed

Knowing the facts is the best preparation. Identify sources you can count on for reliable information. If a pandemic occurs, having reliable and timely information will be critical.

#### For More Information:

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

[www.maine flu.gov](http://www.maine flu.gov)

[www.maine.gov/mema](http://www.maine.gov/mema)

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

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

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

Another source of information is the Center for Disease Control and Prevention (CDC) Hotline at: 1-800-232-4636. The line is available in English and Spanish 24 hours a day, 7 days a week. TTY: 1-888-232-6348.

You might call your local town office or city hall for more information.



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## KNOX COUNTY EMERGENCY MANAGEMENT AGENCY



*Pandemic  
Influenza:*

*Is Your Family  
Prepared?*

*Get informed.... Be  
prepared.....*

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# Pandemic Influenza

An influenza (flu) pandemic is a worldwide outbreak of flu that occurs when a new type of influenza virus appears that people have not



been exposed to before (or in a long time). The pandemic virus can cause serious illness and death because people do not have immunity to the new virus. Pandemics are different from seasonal flu that we see every year. Seasonal influenza is caused by types of viruses that people have already been exposed to. Its impact on society is less severe than a pandemic, and influenza vaccines are available to help prevent widespread illness from seasonal flu. Also a pandemic will last much longer and may include “waves” of influenza activity that last 6-8 weeks separated by months.

## What could this mean to my family and community?

Public health officials will not know how severe a pandemic is until it begins.

### Social disruption might be widespread.

- Plan for the possibility that usual services may be disrupted (hospitals, banks, stores, post offices, restaurants, phone and electricity etc).
- Prepare back up plans in case public gatherings such as worship services are canceled.
- Consider how to take care of people with special needs in case services they rely on are not available.

### Being able to work may be difficult or impossible.

- Find out if you can work from home.
- Ask your employer how business will continue during a pandemic. (A business pandemic planning checklist is available at [www.pandemicflu.gov/plan/businesschecklist.html](http://www.pandemicflu.gov/plan/businesschecklist.html).)



### Schools may be closed for an extended period of time.

- Help schools plan for pandemic influenza. Talk to the school nurse, teachers, administrators, and parent-teacher groups.
- Plan home learning exercises and activities. Have materials, such as books on hand.
- Consider childcare needs.



### Transportation services may be disrupted.

- Think about how you might rely less on public transportation during a pandemic.
- Prepare backup plans for caring for loved ones who are far away.
- Consider other ways to get to work or work from home if you can.
- There may be a shortage of gasoline.

### Get to know your neighbors.



What neighbors have special skills that you might need during an emergency?

- What neighbors have special needs?
- What neighbors, including businesses, have the capacity to provide services or products they don't usual provide?

### Create a family plan and a disaster kit

During a pandemic you may not be able to get to a store. Some stores may not be open. This brochure lists items that you might want to consider having on hand.

ATM and bank service may be disrupted. Keep some cash at home in case this happens.

Hospital emergency rooms will be overwhelmed. Be prepared to deal with medical emergencies and stay away from ERs unless it is a life-threatening illness or injury. Think about taking a first aid course.



Your kit should include family emergency contact information and pertinent medical information about your family members.

It is a good idea to take the time to talk to extended family. Plan together how you might communicate during a disaster and care for family members who are shut-ins.