

Pandemic Flu Supplies

A bad flu can present many challenges. Here are suggestions to help you and the household to survive the flu. Once you've recovered, you will be immune and able to help others!

Food for the family. While you are sick, you shouldn't go outside and expose others. That means you'll have to have enough food in the house to feed everyone for two weeks. Make sure that the food is simple, and easy to prepare because you may not feel like cooking and they'll have to fend for themselves! Don't forget to keep at least two weeks of necessary medications at home too.

Food for you. If you are sick, you will want to have a supply of "flu food" for yourself. Purchase whatever you normally like to eat when you're sick such as:

- ❑ Chicken soup
- ❑ Crackers
- ❑ Jell-O
- ❑ 7 Up/Sprite/Ginger Ale
- ❑ You'll also want a "Gatorade" type product for you and Pedialyte for infants in order to avoid becoming dehydrated (water is not enough).

Flu Supplies

- ❑ Fever medicine
- ❑ Cough medicine/cough drops
- ❑ Upset stomach medicine
- ❑ Kleenex
- ❑ Lip Balm
- ❑ Water
- ❑ Other favorite "Home Remedies"

- Wash hands frequently
- Cover mouth with sleeve or handkerchief when coughing & sneezing
- Get a flu shot every year!

Prevent the spread of disease by having these supplies on hand:

- ❑ Vitamins (Get plenty of regular rest & exercise too!)
- ❑ Thermometer – if you have a fever, don't leave the house!
- ❑ Medical gloves
- ❑ Masks
- ❑ Hand sanitizer
- ❑ Bleach and water for cleaning (10% bleach solution)

Remember that many, many people will be sick at once. Supplies will be sold out at local stores. Purchase supplies as soon as possible.