

## Family Emergency Supplies Checklist For Pandemic Flu and Other Disasters

### Emergency Plan

- \_ Check with your employer about emergency plans and policies.
- \_ Plan for a possible reduction or loss of income.
- \_ Make sure you know where to look for accurate and up-to-date information during a pandemic
- \_ Tell your close friends, neighbors and/or family members about your emergency plans.

### Non-perishable Foods

- \_ Drinking water (1 gallon per person per day)
- \_ Canned juice
- \_ Ready to eat canned food (meats, vegetables, fruits, beans and soups)
- \_ Baby formula
- \_ Jars of baby food
- \_ Protein bars
- \_ Crackers
- \_ Peanut butter and jelly
- \_ Rice
- \_ Pet food



### Emergency Supplies

- \_ Prescription medication
- \_ Over-the-counter medication (acetaminophen or ibuprofen)
- \_ First aid kit
- \_ Mechanical can opener
- \_ Portable radio and extra batteries
- \_ Flashlights and extra batteries
- \_ Toiletry supplies
- \_ Garbage bags
- \_ Soap and alcohol based hand cleaner
- \_ Books, DVDs, videos, and cards for entertainment



For more information visit American Red Cross Home Safety and General Preparedness website at <http://www.prepare.org/basic/basichome.htm>