



Plan Now to Be Ready for the Next Flu Pandemic

What you can do now

Use this fact sheet to help you plan how to get ready for the next flu pandemic before it happens. You can find other guides to help you, your family, your workplace, and your community at www.pandemicflu.gov.

Make plans for your household, *cont.*



- Although the flu pandemic may last several months, plan to buy and store at least a 2-weeks' supply of food and water for yourself, your family, and pets. Also, have any prescription medicine you take. This supply will support your household when you have to stay home.
- Have basic, over-the-counter health supplies such as a thermometer, facemasks, tissues, soap, hand sanitizers, medicine to relieve fever, and cold medicine.
- Have current phone numbers and e-mails for work, teachers, and community groups.

Make plans with your workplace



- Ask your boss about the company's plans for a flu pandemic.
- Learn about options for working from home or changing shifts.
- Plan to stay connected to your workplace by phone, e-mail, or Internet.

Make plans with your school



- Ask your daycare, school, or college leaders about their plans for a flu pandemic.
- Plan to keep students from seeing other students outside of school. After-school programs should be cancelled.
- If students live on campus, ask how the schools will help students if they are sick.

Make plans with your community groups

- Ask your community groups about their plans for a flu pandemic to limit contact among people.
- Talk about ways you can take part in your group from home by phone, e-mail, or Internet.

Make plans with your community groups, *cont.*

- Have current phone numbers and e-mails of group leaders and members.
- Talk about ways your community groups can help assist others during a pandemic. Examples include collecting donations of supplies, checking on people who may need help, and providing child-care support.
- Find out which community groups can support you and your family during a flu pandemic.

We may have to change our daily routines during a flu pandemic, and this may be hard for some people. Talk to people you live and work with about what you will do during a flu pandemic. Plan now.

Each of us can make a difference

In a flu pandemic, limiting contact with others can help slow the spread of illness and help save lives. Each of us can make a difference. Together, we can help protect ourselves, our families, and our communities.

Be aware, plan ahead, and share with others what you have learned.

For more information

- Contact your local or state health department.
- Visit www.pandemicflu.gov.
- Call 1-800-CDC-INFO (232-4636).