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## **ARE YOU READY for a possible pandemic?**

Here are simple steps that you can take now to help protect yourself and your family for an emergency, including an infectious disease outbreak.

**Plan.** Start with answering a few simple questions.

- Where can you store water, food, and general supplies?
- What special needs do you and family members, including pets, have?
- How will you contact other family members or others to let them know you are okay or that you need assistance?

**Prepare.** Put together items that you may need to have on hand for an extended stay at home.

- Water.
- Non-perishable food items, such as dried fruit, dried beans/peas, rice, crackers, canned or bottled juices, peanut butter or nuts, canned meats, and canned fruits and vegetables.
- Medical and health supplies, such as prescription medications and equipment, soap and water, vitamins, and thermometer.
- General supplies, such as flashlight, batteries, portable radio, manual can opener, garbage bags, and toilet paper.
- Personal items, such as toothpaste, shampoo, and deodorant.

**Practice.** Practice ways to limit the spread of germs and prevent infection.

- Wash Your Hands.
- Cover Your Cough.
- Stay at Home, when ill or told to do so.

**Stay Informed.**

- Get involved in your community as it works to prepare for an influenza pandemic.
- Volunteer with local groups to prepare and assist with emergency response.
- Watch local websites and newspapers for community information.

**Resources**

- [www.birdflu.state.mn.us](http://www.birdflu.state.mn.us) Minnesota information
- [www.pandemicflu.gov](http://www.pandemicflu.gov) Federal information
- The websites of the agencies/organizations listed below will also provide you with information on preparing for emergency situations.