

# PANDEMIC INFLUENZA EMERGENCY PREPAREDNESS 8 WEEK SHOPPING LIST



Prepare for a pandemic in advance of any real threat. Shopping all at once for emergency supplies can be expensive and time consuming. Reduce stress by budgeting your purchases, and avoiding long lines & empty shelves during an emergency. Be Prepared! In a pandemic, illness will be widespread and you may be isolated at home for an extended period of time.

## WEEK 1 - FOOD

- (1) Gallon drinking water per person
- Sandwich bread (freeze until needed)
- (3) Boxes of energy snacks - granola bars, raisins, nuts
- (5) Cans of ready-to-eat soup & chili
- (4) Boxes of dry cereals and crackers
- Canned or powdered milk, cans of juice
- (4) Cans of fruit, vegetables, fish and meat
- Jars of peanut butter & jelly
- Instant coffee, tea or powdered drinks

## WEEK 2 - STORAGE

- (2) Boxes of large plastic zip bags
- (2) Plastic wrap and aluminum foil
- (3) Boxes of heavy duty garbage bags
- Coolers (electrical power may be out for several days during a pandemic, so keep ice in the freezer to keep refrigerated medications cool)
- Assorted plastic containers with lids

## WEEK 3 - HEALTH & FIRST AID

- Protective face masks labeled N-95 (50 for each person)
- Boxes of latex (or vinyl) disposable gloves
- Alcohol (60%) based hand sanitizers - wipes, gels and disinfectant sprays
- Antibiotic and cortisone creams/ointments
- Deodorant, toothpaste/toothbrushes, soap, shampoo
- First aid kit and book & a general health care book

**SMART IDEA:** Protect yourself and your family by wearing disposable masks and gloves if someone becomes sick

## WEEK 4 - MEDICATIONS

- Extra supply of prescription medication
- Ibuprofen, aspirin or acetaminophen
- Anti-diarrhea medicine & re-hydration fluids
- Thermometer - digital oral or rectal
- Cough syrup, decongestant, antihistamine

**SMART IDEA:** Ask for a copy of your prescription(s) in case you need to leave the area and use a different pharmacy.

## TUNE IN TO LOCAL EMERGENCY:

Radio Station(s): \_\_\_\_\_

Cable TV Channel: \_\_\_\_\_

Websites: \_\_\_\_\_

## WEEK 5 - CLEANING & PAPER SUPPLIES

- Manual can opener, matches and candles
- Disposable eating utensils, cups, plates & napkins
- Multi-packs of paper towels, toilet paper and tissues
- Liquid dish soap, laundry detergent & bleach
- Extra sponges and rags
- Several gallons of water to flush toilets

**TIP:** A quarter cup of bleach added to a gallon of water is an all-purpose disinfectant.

## WEEK 6 - COMMON TOOLS

- Crank operated flashlights, cell phone chargers, radio and lanterns (they never need batteries)
- Masking, duct and packing tapes
- Utility knife with extra blades and scissors
- Tools (screwdrivers, pliers, hammer, etc)
- Plastic safety goggles, heavy work gloves

**SMART IDEA:** Keep your car in good repair. In the event of a pandemic, all services - including garages and auto repair shops - may be affected.

## WEEK 7 - SMART SUPPLIES

- Video, digital or disposable camera
- Notepad and pens
- Assorted safety pins, sewing kit items
- Extra water to flush toilets
- Fire extinguisher(s)
- Portable (camping style) stove and/ or extra gas grill canisters

**SMART IDEA:** Ahead of time - learn how to provide sick care at home during pandemic flu and have the right supplies and medicines on hand.

## WEEK 8 - SPECIAL ITEMS

- Special foods for special dietary needs
- Medical supplies, e.g. extra strips and lancets for diabetes monitor
- Extra hearing aid batteries
- Items for denture care
- Spare eyeglasses or contact lenses & solution
- Pet supplies - food, extra water, leash, carrier, vaccination papers
- Baby supplies - food, formula, diapers & wipes
- Games, activities, books, for kids and adults

## ALSO:

- ✓ Create a Family Action Plan. Become familiar with the disaster plans for your children's schools and daycare.
- ✓ Compile a family contact directory (with home, work and cell telephone numbers) with information for important people and services. Establish emergency contacts outside of your immediate family.
- ✓ Put aside money to cover a few weeks' worth of finances (if possible).
- ✓ Make arrangements for family members with special needs (young children, physical/ mental handicapped or elderly)
- ✓ Keep important documents in a portable container, such as wills, insurance policies, deeds, passports, birth certificates, bank accounts, credit cards, medical records and health care provider information for each family member.