Pandemic Planning: Checklist for Individuals/Families

This has been prepared by the SCO, adapted from the CDC checklist, available at: www.pandemicflu.gov

You can prepare for a pandemic now. You should know both the magnitude of what can happen during a pandemic outbreak and what actions you can take to help lessen the impact of the pandemic on you and your family. This checklist will help you gather the information and resources you may need in case of a pandemic.

This is just a guideline to help you figure out what else you may need!

1. To plan for a pandemic:

   ❑ Store a supply of water and food. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies, such as power outages and disasters.

   ❑ Ask your doctor and insurance company if you can get an extra supply of your regular prescription drugs. This is especially important for field-based staff who require mail/UN pouch to medications. It is also important for you if you are on regular medication. Please ensure you have adequate supply.

   ❑ Have any non-prescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins. Check expiration dates.

   ❑ Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them at home.

   ❑ Volunteer on groups within the organization or locally to prepare/assist with emergency response.

   ❑ Family members living separate from UN staff may want to get involved with their local community as it works to prepare for any flu or related pandemic. Assure that the family living in alternative location has a support network locally.

2. To limit the spread of germs and prevent infection:

   ❑ Teach your children to wash hands frequently with soap and water and model the correct behavior.

   ❑ Teach your children to cover coughs and sneezes with tissues or sleeve (never with their hand) and be sure to model that behavior.

   ❑ Teach your children to stay away from others as much as possible if they are sick. Stay home from work and school if you suspect you are getting sick.

   ❑ If travelling from an affected area, do not expose family, friends or co-workers to potential risk and self-isolate until the appropriate time recommended by WHO & UN Medical. This may change as more information becomes available. Stay updated: https://hr.un.org/page/novel-coronavirus-2019-
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3. Items to have on hand for an extended stay at home:

Examples of food and non-perishables

- Ready-to-eat canned meats, fruits, vegetables, and soups
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter or nuts
- Dried fruit
- Crackers
- Canned juices
- Bottled water
- Canned or jarred baby food and formula
- Pet food

Examples of medical, health, and emergency Supplies

- Prescribed medical supplies such as glucose and blood-pressure monitoring equipment
- Soap and water, or alcohol-based hand wash
- Medicines for fever, such as acetaminophen or ibuprofen
- Thermometer
- Anti-diarrheal medication
- Vitamins
- Fluids with electrolytes
- Cleansing agent/soap
- Flashlight/batteries
- Portable radio/batteries
- Candles
- Manual can opener
- Garbage bags
- Tissues, toilet paper, disposable diapers.