



ADAMS COUNTY HEALTH DEPARTMENT

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Getting Ready for the Pandemic Flu Checklist

It's time to prepare for a pandemic flu or emergency. Pandemic flu virus can be highly contagious so you may be asked to limit your time with others or remain at home for several days to prevent it from spreading easily from person to person. Schools, daycares, community centers and other places where people will be in close contact may be closed.

The following are simple steps you can take to prepare for a pandemic flu or any emergency. Remember, essential services (such as transportation, garbage, schools, stores) may be limited or postponed during a pandemic flu.

- Extra supply of canned foods and bottled water**
- Baby food, formula and diapers**
- First aid kit and extra prescription medications**
- Cash on hand**
- Cell phone (which can be used if electricity is out)**
- Extra toiletries**
- Large trash bags in case garbage service is disrupted or postponed**
- Battery operated radio and flashlight**
- Card games and books for entertainment**
- Extra food and water for pets**
- Emergency plan**

- Talk to your friends and family about emergency plans.
- Arrange for daycare if schools should be closed.
- Arrange for transportation if bus service is limited.
- Listen to the radio and watch the television about updated concerning the pandemic flu.
- Access national and local health agencies web site for more information on the pandemic flu.

Teach respiratory etiquette and hygiene

- Teach children to cover their cough and sneeze with a tissue or their sleeve and to keep their hands away from their mouth, eyes and nose.
- Teach children to wash hands frequently, viruses can be passed via door knobs, desktops and even handshakes.
- Teach children not to drink from friends cups or use dirty utensils.
- Teach children the importance of preventing illness and the dangers of spreading germs.

Practice healthy habits and encourage them in the home

- Eat a healthy balanced diet
- Exercise regularly
- Get sufficient rest
- Find out if you or your should get a flu shot