Preparing for pandemic flu can give you peace of mind and confidence and can help you, your family, and your community get through pandemic flu more successfully.

✓ **Stock up.** Have at least two weeks supplies of food and water. Buy and store items as time and money allow.
   - Get foods that are nonperishable, and require little preparation or little or no water.
   - Plan for one gallon of water per person per day.

✓ **Check health care supplies.** Have 2 weeks or more of medications and other supplies. Renew prescriptions if necessary.

✓ **Plan home care for flu.** Have a thermometer, plenty of liquids and drinks to keep hydrated, alcohol hand rub or soaps, blankets, facemasks, and disposable gloves.

✓ **Talk with family about your pandemic and other emergency plans.**

✓ **Ask about and prepare for working from home.**

✓ **Know school plans and consider home learning activities for children.**

✓ **Work with neighbors, share emergency contacts.** Identify those who may need special help, such as the elderly, people who live alone, or people with disabilities.

✓ **Get involved in planning and preparedness in your community.** Contact your public health department, neighborhood association, or faith-based organization.

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**STAY HEALTHY**

- Get vaccinated against seasonal flu each year
- Eat a balanced diet
- Exercise regularly
- Get plenty of rest

**LIMIT THE SPREAD OF GERMS**

- Stay home when sick
- Cover your coughs and sneezes
- Clean your hands

www.publichealth.va.gov/InfectionDontPassItOn