

Examples of medical, health, and emergency supplies

- Prescribed medical supplies such as glucose and blood-pressure monitoring equipment
- Soap and water, or alcohol-based (60-95%) hand wash
- Medicines for fever, such as acetaminophen or ibuprofen
- Thermometer
- Anti-diarrhea medication
- Vitamins
- Fluids with electrolytes
- Cleansing agent/soap
- Flashlight
- Batteries
- Portable radio
- Manual can opener
- Garbage bags
- Tissues, toilet paper, disposable diapers



**A Pandemic Influenza Information Kit is available at the following locations.**

Independence Police Department  
120 N 6th Street  
Independence, KS 67301  
Phone (620)332-1700  
www.indypd.com

MG Co Emergency Preparedness  
300 E Main  
Independence, KS 67301  
620-330-1260

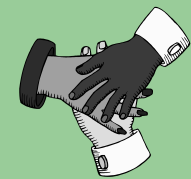
MG Co Health Department  
209 E Laurel  
Independence, KS 67301  
620-331-4300

Mercy Hospital  
800 W Myrtle St  
Independence, KS 67301  
620-331-2200

Four County Mental Health  
Mental Health Hotline  
620-331-5151  
1-800-499-1748

**Pandemic Flu Planning Checklist for Individuals & Families**

**Independence Pandemic Preparedness Coordinating Committee**



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**Independence PD phone: 620-332-1700**

## Checklist for Individuals & Families

You can prepare for an influenza 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 an influenza pandemic on you and your family. This checklist will help you gather the information and resources you may need in case of a flu pandemic.

### 1. To plan for a pandemic:

- Store a 4 week 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.
- Have nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.



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

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

- Teach your children to wash hands frequently with soap and water and use alcohol-based hand cleaner. Be sure to model that behavior.
- Teach your children to cover coughs and sneezes with tissues and dispose of properly. 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 sick.

### 3. Items to have on hand for an extended stay at home:

#### Examples of food and non-perishables—

- Ready-to-eat canned meats, fish, fruits, vegetables, beans, 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
- Other nonperishable foods.

(See next page for additional information!)

