You can be ready for a pandemic flu now. This checklist will help you gather the information and resources that you may need in the event of a flu pandemic.

1. To plan for a pandemic:
   - Store a supply of food & water. During a pandemic, if you cannot get to a store or the store runs out of supplies, it will be important to have the basics. This is also good for other emergencies like power outages or earthquakes.
   - Ask your doctor and insurance company if you can have an extra supply of your regular prescription medicines.
   - Have any nonprescription medicines and health supplies on hand, like pain relievers, vitamins, antacids.
   - Talk with your family and loved ones about how they would be cared for if they got sick or what needs they have to be cared for at home.
   - Volunteer with local groups to prepare and assist with emergency response.

2. To limit the spread of germs and prevent infections:
   - Practice and teach others to wash hands with soap and water and friction.
   - Teach others to cover their coughs and sneezes and model that behavior.
   - Stay home and away from other people when ill.

3. Items to have available at home:
   - Canned meats, fruits, vegetables, soups and beans.
   - Protein or fruit bars
   - Dry cereal, fruit, or granola and Crackers
   - Pet food
   - Baby food and formula
   - Bottled water

4. Examples of medical and emergency supplies:
   - Glucose and blood pressure monitoring equipment
   - Soap and water and alcohol based hand cleaners
   - Flashlight and batteries
   - Portable radio
   - Manual can opener
   - Tissues, toilet paper, paper towels, disposable diapers
   - Thermometer