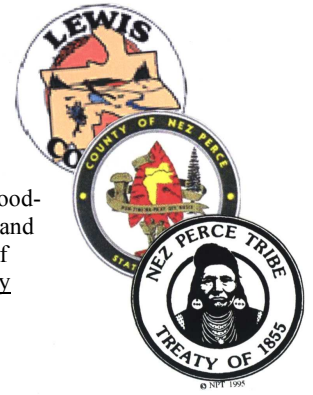
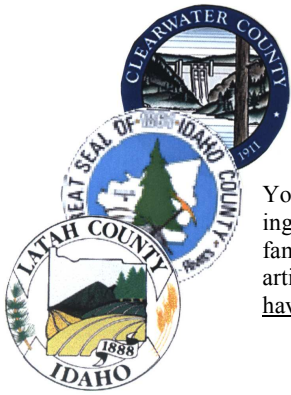


Get Pandemic Ready



Your Office of Emergency Management plans and prepares for disasters, ranging from localized flooding to worldwide events. Preparation includes local government, the private sector and individuals and families. Pandemic flu is a rapidly emerging threat affecting all of us. The purpose of this series of articles is to inform citizens of what they can do to protect themselves. We recommend each family have three months of food, water, medications, and other supplies on-hand.

Issue 5: Preparedness Overview

1. **WATER:** Store at LEAST 1 gallon, preferably 3 gallons, per person per day. One gallon would be for consumption - the other two would be for personal hygiene (washing up, brushing teeth) cooking and cleaning (dishes, laundry, etc.). Don't forget your pets. Start to save 2-3 liter soda bottles for future water storage, in case of possible loss of water supply. Alternate sources may include creeks, streams, lakes and collected rainwater. Water purification will be necessary for this water, and possibly public water supply. Be prepared with un-scented household bleach or an alternate water purification method.
2. **FOOD:** 'Stock what you eat - Eat what you stock.' Consider food allergies and dislikes. Stock MIMIMUM of 3 months of canned goods, rice, beans and other non-perishable food items. Add a few extra items on each shopping trip. Look for specials and bulk dry goods. Remember infant/toddler needs. Don't forget items like a manual hand-mixer and manual can opener.
3. **HEAT & LIGHT:** Fuel supplies may be disrupted for fuel oil or propane delivery and natural gas line service. Prepare alternate cooking sources such as gas/charcoal grills & camp stoves Alternate fuel sources should be properly stored in approved containers in safe locations! Store heavy blankets, sleeping bags and wood for fire-places/cookstoves. Essential services such as electricity may be disrupted. Stock flashlights, batteries, lanterns, candles (with appropriate encased holders), matches, battery or solar-powered radio.
4. **HYGIENE & WASTE:** Disruption of water may affect toilet flushing. Store 5 gallon bucket with lid, and plenty of plastic bag liners. Trash removal may be disrupted due to illness. Store plenty of LARGE trash bags to last several weeks. Crush cans to save room.
5. **PERSONAL SAFETY ITEMS & MEDICATIONS:** Approved N95 masks (protection from airborne virus) and plastic gloves, hand sanitizer, and disinfecting cleaners, such as bleach and over-the-counter products . If possible, obtain a 3 month supply of necessary prescriptions and over-the-counter medications (allergy, pain relief, cough & cold, etc.) for all family members. Prepare a first aid kit. Prepare for any elderly or disabled members of your household. Make sure you have extra meds, batteries & supplies on hand (oxygen, inhalers/nebulizers, wheelchairs, etc.).
6. **COMMUNITY:** Community building happens when we consciously decide to be good neighbors. The duration of a pandemic will challenge the safety, security, health and wellness of our families and communities. Being prepared enables you to be an asset, and not a liability. There are many training opportunities available, including first aid, Community Emergency Response Teams, and other volunteer organizations.

With thanks to an excellent preparation website,
<http://emergencyhomepreparation.org>.

Disaster preparedness of any kind is part of an ongoing lifestyle, not a one-time event. Start today!

For more information, or to participate in local pandemic flu planning, contact your local Emergency Manager.

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