

KEEP THESE ITEMS IN YOUR HOME

- **Enough food and water per person for 14 days or more**—Choose foods that will keep for a long time and do not require refrigeration or cooking. Include a non-electric can opener.
- **Medications**—Keep at least a week's supply of the medicines you take regularly.
- **Items to relieve flu symptoms**—Stock medicines for fever, such as ibuprofen and acetaminophen.
- **Items for personal comfort**—Store at least a week's supply of soap, shampoo, toothpaste, toilet paper, and cleaning products.
- **Activities for yourself and your children**—Include books, crafts, board games, art supplies and other things to do.
- **Cash**—Banks may not always be open and cash machines may not always work.
- **Pet supplies**—Remember food, water and litter.
- **Cell phone or regular phone with a cord**—Cordless phones will not work if the power is out.
- **Large trash bags**—Garbage service may be disrupted or postponed for many days.

HOUSEHOLD AND FAMILY EMERGENCY PLANS

EMERGENCY CONTACT INFORMATION FOR SOMEONE WHO LIVES OUT OF THE AREA

NAME: _____

PHONE: _____

ALTERNATE PHONE: _____

- COMMUNICATION PLAN DEVELOPED
- DISASTER KIT READY
- FIRST AID KIT READY
- MEDICATIONS ON HAND
- PLAN TO CARE FOR CHILDREN
- PLAN TO CARE FOR PETS
- PLAN FOR DISABLED DEPENDENTS

Visit <http://www.yakimapublichealth.org> for information to help you complete the items on this checklist.

For additional information, please call
(509) 249-6541

OR VISIT

<http://www.yakimapublichealth.org>
<http://www.yakimacounty.us/oem>



Preparing for Pandemic Influenza in Yakima County

Yakima County is working together to protect its residents.

AN INFLUENZA PANDEMIC IS A WORLDWIDE OUTBREAK OF A NEW FLU VIRUS

An influenza—or flu—pandemic is an outbreak of a new type of flu virus that spreads rapidly from one country to another. The new virus affects only birds or animals at first, but gradually changes to affect people as well.

WHAT TO EXPECT IF AN OUTBREAK OCCURS

- It may be difficult to get medical care.
- Supplies and services will be limited.
- You may be asked to stay away from others.
- It will take months to develop a vaccine against the new virus, so flu shots will not be immediately available.
- Medicines for flu symptoms may be in short supply.
- Travel may be difficult.
- You may be asked to wear a mask.
- A flu pandemic could last a long time.
- Health officials will keep you informed.

A FLU PANDEMIC WILL BE MORE SERIOUS THAN THE SEASONAL FLU

Not as many people get sick from seasonal flu because people have developed some immunity to the virus and because so many protect themselves by getting flu shots. However, a pandemic would be caused by a new type of flu virus. People would have no immunity to it and no vaccine would exist to prevent it.

PREVENT THE SPREAD OF GERMS

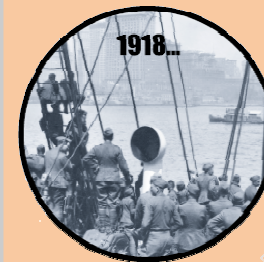


The flu virus is spread from person to person when an infected person coughs, sneezes or touches things that others use. Do these simple, effective things to help protect yourself and others:

- **Cover your mouth and nose when you cough or sneeze.**
- **Wash your hands.** Soap and water are best, but when they are not available, use alcohol-based hand gel or disposable wipes.
- **Don't touch your eyes, nose or mouth.** The flu virus is often spread when a person touches something that has the virus on it and then touches his or her eyes, nose or mouth.
- **Stay home when you're sick or have flu symptoms.**

FLU PANDEMICS HAPPEN

Flu viruses are everywhere and they change constantly. Currently, health officials are concerned about the avian flu virus in Asia and Europe, because it could change and spread easily from person to person. No one knows when the next flu pandemic will happen; large pandemics occurred in 1918, 1957, and 1968. Far more people travel today than in the past, which makes it easier for diseases to spread quickly around the world. A flu outbreak in another country would be just an airplane ride away from the United States.



Troops packed into ships returning from World War I carried a new flu virus home with them. It spread rapidly, killing 500,000 people in the United States and 40 million worldwide.



Hundreds of thousands of people travel between countries each day—significantly more than even 30 years ago. A highly contagious flu virus could spread worldwide much faster than earlier pandemics.