

PERSONAL AND FAMILY PLANNING GUIDE

Guide Information	<p>This guide is designed to help you understand the implications of a pandemic influenza outbreak. It has been developed around the tasks you can implement in preparing for, responding to, and recovering a pandemic that may impact your family. Unfortunately, no one can predict how severe the next pandemic will be, or when it will strike, therefore preparedness is a key function of surviving an outbreak.</p> <p>Topical information during a pandemic event will be communicated to the public using a variety of methods, however awareness of actions to mitigate and prepare for an event are critical.</p>	
MITIGATION/PREPAREDNESS ACTIONS		✓
✓	Plan for the possibility that usual services such as hospitals, healthcare facilities, banks, restaurants, government offices, etc. may be disrupted.	
✓	Ensure you have enough supplies for at least 72 hours as stores may be closed or have limited supplies. Select foods that do not require refrigeration, preparation or cooking. Store a gallon of water per person, per day. Make certain that nonprescription medications are available and that prescription medications are refilled in advance.	
✓	Plan to take fewer trips to the store, especially if public transportation is needed, as transportation may be limited or not available.	
✓	Plan for the possible loss of income if you are unable to work, or if the company you work for temporarily closes.	
✓	Plan for the potential that schools and day cares may be closed, forcing children to remain at home. Develop learning activities and exercises that your children can do at home.	
✓	Plan entertainment and recreational activities that your children can do at home.	
✓	Learn how to wash your hands properly, cover your cough & sneezes, and learn how to recognize the signs and symptoms of the flu.	
✓	Learn the difference between seasonal flu and pandemic flu.	
✓	Talk to family members and discuss how you will seek care in the event of a pandemic flu outbreak.	
✓	Ask your employer how they will handle extended sick time, leave of absences, and alternate work scheduled during a pandemic event.	
✓	If you or a family member receive in-home medical care, discuss with the service provider, how they will continue service.	
✓	Get a flu shot every year.	
✓	Stay informed about the pandemic by reviewing websites such as cdc.gov or another credible agency.	

RESPONSE ACTIONS	✓
✓ Practice good hygiene, ensuring proper hand washing or disinfecting with alcohol-based hand sanitizers.	
✓ Ensure that all surfaces in the home are frequently disinfected with an appropriate cleaning agent. This will minimize the possibility of the virus from spreading.	
✓ If you or a family member becomes sick, stay home from school or work and minimize contact with other individuals.	
✓ Avoid public venues such as malls, grocery stores, churches, etc., as these locations may cause the virus to spread rapidly.	
✓ Stay informed by monitoring credible websites, TV and radio, and avoid being misinformed by false information or rumors.	
✓ Stay in contact with relatives and family members.	
✓ As hospitals and medical treatment facilities will most likely be overwhelmed, use caution when requesting medical treatment. Utilize your family doctor for minor medical treatment.	
✓ If you or a family member receives in-home medical care, communicate with the provider during the event to learn of any disruptions or alterations of service.	

RECOVERY ACTIONS	✓
✓ Return to your normal routine as soon as possible.	
✓ Try not to discuss the event in front of children, as it may cause unnecessary stress and hardship.	
✓ Restock any preparedness items which were used during the event.	
✓ Assist children and family members in returning to their normal life styles.	
✓ Thoroughly disinfect any areas or surfaces that were touched or handled by infected individuals.	