

# LIVE *Ready*

ARE YOU PANDEMIC READY?  
PREPARE FOR A PANDEMIC & BE READY FOR ANYTHING!



Living  
Ready...

*isn't about fear. It's about taking care of what's most important to us - those we love. It's about being smart, savvy, and resilient.*

## Pandemic Parenting

*Are you prepared for the 3 most important challenges that may affect you and your family?*

Sickness

School Closure

Shortages and Disrupted Services

Parenting during a pandemic period can try any parent's nerves. Families may face a number of unusual challenges that will interrupt family routines for anywhere from a few days to several weeks.

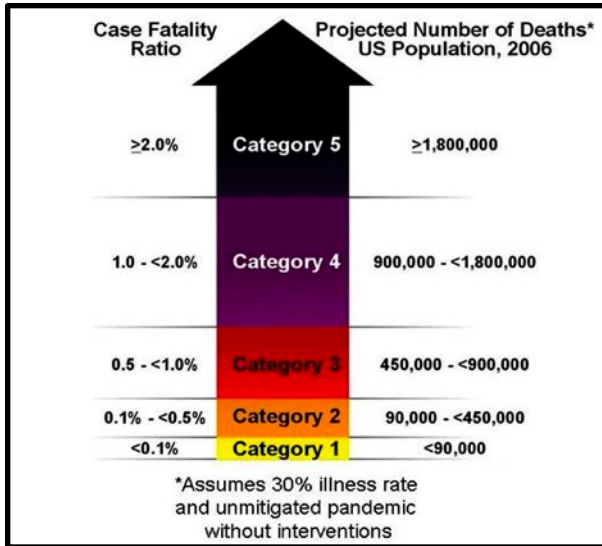


Furthermore, parents are concerned about their children's health given the current H1N1 pandemic. While most cases are mild, parents need to care for sick children (and themselves) vigilantly, in case severe illness develops.

## Checklist

- Build a stash of essential food, medicines, water and supplies.
- Three days' worth of your stash goes into an evacuation kit for any emergency.
- Plan for childcare in case schools must close.
- Prepare a flu kit for your college student.
- Learn how to care for someone who gets sick.
- Learn how to reduce chances of infection.
- Be a "flu buddy." Help others prepare and cope.

It is anticipated that the current 2009 H1N1 'Swine Flu' Pandemic will be a 'category 2'. According to the CDC Pandemic scale this means it is 'mild' in nature.



Although mild, this flu will most likely result in an increase in the numbers of illness and deaths compared to what we usually experience in a regular seasonal flu event. The period of days, leading into weeks, that the pandemic virus circulates throughout our local communities, will result in the interruption of usual family routines such as school attendance, extra family activities, shopping and doctor appointments as an attempt is made to stop the spread of the virus.

Due to the increase in expected illness, it is important for families to prepare their households NOW for these expected disruptions in normal family routines. Imagine a weather event that keeps the kids home unexpectedly, with families rushing to fill pantries, rescheduling outside activities or arranging child care for that day or several days. Multiply that by many more days.

Preparing for a pandemic event, we have the 'luxury' of anticipating such a disruption and pre-planning for those days when our kids may possibly be home from school to help reduce the transmission of the flu virus throughout our community. The following is a recommendation

by the US Government to schools for possible school closure during a pandemic:

The decision to dismiss students should be made locally and should balance the goal of reducing the number of people who become seriously ill or die from influenza with the goal of minimizing social disruption and safety risks to children sometimes associated with school dismissal. (Flu.gov)

**In case schools close in your area, families should consider the following Pandemic preparations:**

- **Purchase groceries & beverages so that you have at least two weeks' worth of all essentials on hand.** "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." (CDC, *Pandemic Flu Planning Checklist for Individuals and Families*). Some grocery stores may even have shortened hours, due to illness of their employees. Remember: "Stock what you eat, eat what you stock."



• **Consider options should you need to go to the grocery store:**

- Shopping during off-peak hours (later in the evening, early morning)
- Using personal protection items, such as N95 masks if you need to shop in crowds

• **Purchase medical supplies that you may need to treat your family members at HOME**, should your family doctor or local hospital be overwhelmed with other, more seriously-ill people. Also consider the possibility of your local pharmacy being low on supplies you need. Some pharmacies may even have shortened hours due to illness of their employees.



**Items to pre-purchase NOW include:**

- Pain relievers & Fever Reducers
- Anti-diarrhea medicines
- Anti-Nausea medicines
- Pedialite/Gatoraid or other oral re-hydration liquids, water
- Thermometers
- N-95 Masks
- Guaifenesin (available in many medications, such as Mucinex™) to break up congestion, if needed (not approved for children younger than two years of age)
- A sinus rinse solution (such as NeilMed™) to relieve congestion
- Disinfectant cleaners (or wipes) to disinfect surfaces regularly

• **For Instructions on Home Care of a flu patient, go to this CDC webpage:**

*Taking Care of a Sick Person in Your Home*

[http://www.cdc.gov/h1n1flu/guidance\\_home\\_care.htm](http://www.cdc.gov/h1n1flu/guidance_home_care.htm)

• **Two other suggested resources** for instruction of 'Home Care' of flu patients are

- *Citizen's Guide to Pandemic Influenza*, Chapter 3, Jane & Peter Carpenter

<http://www.rosscountyhealth.com/brochures/PandemicGuideforCitizens.pdf>

- *Good Home Treatment of Influenza*, Dr. Gratton Woodson, MD, FACP

<http://www.birdflumanual.com/>

• **Contact your doctor and stock a 90-day supply of your prescription drugs** to ensure a continuous supply in your home.

• **Make a plan for caring for each other should someone in your household become sick.** Consider coordinating with another family member or neighbor to be a pandemic 'Flu Buddy'. More information on becoming 'Flu Buddies' can be found at <http://www.scribd.com/doc/19506115/HandoutFlu-Buddy>. Make sure

you have another adult available to care for the children of your household, should one or both adults in your household become ill.



- If you have a college student living away from home, make sure that your college student has a flu kit and has a flu buddy lined up - a person who will check on him or her regularly and pick up meds and meals as required. A flu buddy

should know signs of severe illness that require medical attention. Your college student should call home if he or she falls ill, so that you can check in regularly, too.

- Have all home-care medical supplies stored ahead of time in a box in your closet or under your bed.
- Have written instructions on how to use each of the items in your box. Keep directions simple and clear.
- Plan to use a separate room in your home as a 'sick room' to care for family members who become ill with the flu. Suggestions on how to prepare such a room can be found at [Get Pandemic Ready.org](http://GetPandemicReady.org).
- **Arrange for child-care should your school closed.**

### Childcare Options to **AVOID**:

- Church or Community organized GROUP child-care groups.
- After-School GROUP child-care options
- Private GROUP child-care options.
- Other GROUP child-care options
- MOVIES for the teenage populations
- PARTIES for the teenage populations
- Other teen organizations that encourage LARGE GROUP gatherings
- A day at the mall with friends

Teenagers can keep in touch with their friends using their computers or phones.

Should school close for an extended period of time, arrange for child-care options with family and neighbors that keep your children in SMALL groups of 6 or fewer children, with limited outside contacts. The whole idea is to slow down or to stop spread of the virus. Arranging

for larger GROUP child-care will continue to offer the virus an opportunity to spread in your community.

- **Be aware that if you are the parent of a child with chronic health problems** such as asthma, diabetes, heart disease, metabolic conditions, neurologic and neuromuscular disorders, these children are at a higher risk of flu complications. If you are pregnant, then you are at a higher risk of having complications from flu. In addition, all children younger than 5 years old are at higher risk of flu complications compared to older children. The US Health & Human Services has developed *Action Steps for Parents of Children at High Risk*. Find current information at flu.gov.
- **Should another family member become ill with this flu, monitor all family members closely** from the time the family member becomes sick. Parents should monitor the health of the 'patient' and other school-aged children & members of the household for fever and other symptoms of the flu.
- **Talk to your school administrators** about their pandemic or emergency plan if complete-information has not yet already been provided to parents.
- **If school is dismissed or children are sick and must stay home, follow the 'Action Steps for Parents'** provided by the US Health & Human Services, on the Flu.Gov website.

#### Action Steps include:

- Stay home if you sick and keep sick children home. Even if an emerging illness seems to be "just a cold," it's best to keep a close eye on the developing illness and to avoid spreading infection.
- Cover coughs and sneezes. Wash hands frequently and thoroughly.

- Keep sick household members in a separate room.
- Monitor the health of the sick child and any other household members.
- Check with your doctor about any special care.
- Have the sick household member wear a facemask.
- Ask your doctor about antiviral medicines or fever-reducing medicines.
- Make sure sick household members get plenty of rest and drink clear fluids.
- **Watch for emergency warning signs** that need urgent medical attention.

### Warning Signs – Seek Medical Help ASAP

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Not urinating or no tears when crying
- Severe or persistent vomiting Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Flu-like symptoms improve but then return with fever and worse cough.

- **If your health department says that flu conditions have become more severe**, implement the following measures:

- Consider keeping children who are at a high risk for complications at home during an outbreak. Make arrangements with your child's school for your child to receive assignments. Cite this document in support of your action: <http://www.flu.gov/professional/school/k12techreport.html> .
- Keep family members suffering from flu symptoms home for at least 7 days, even if symptoms resolve sooner. Individuals who are still sick 7 days after they become ill should continue to stay home until at least 24 hours after symptoms have resolved.
- If a household member is sick, keep any school-aged brothers or sisters home for 5 days to ensure that they are not going to come down with the illness and spread it before their symptoms appear.

The strategies noted above give parents the ability to act quickly in response to illness and/or to an unexpected period of school closure. Families with children can aid in the process of slowing down the spread of the pandemic virus. By reviewing the *Action Steps* recommended by the US Health & Human Services, stocking additional groceries & medical supplies and becoming familiar with flu symptoms & care, families will increase their ability to safe-guard their family during a pandemic event.

## Medications to Help Lessen Symptoms of Flu

**Note: Check with your healthcare provider or pharmacist for correct, safe use of medications.**

Antiviral medications can sometimes help lessen influenza symptoms, but require a prescription. Most people do not need these antiviral drugs to fully recover from the flu. However, persons at higher risk for severe flu complications, or those with severe flu illness who require hospitalization, might benefit from antiviral medications. Antiviral medications are available for persons 1 year of age and older. Ask your health care provider whether you need antiviral medication.

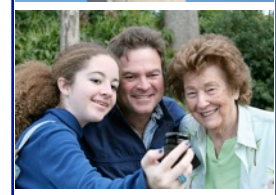
Influenza infections can lead to or occur with bacterial infections. Therefore, some people will also need to take antibiotics. More severe or prolonged illness, or illness that seems to get better, but then gets worse again, may be an indication that a person has a bacterial infection. Check with your health care provider if you have concerns.

**Warning!** Do *not* give aspirin (acetylsalicylic acid) to children or teenagers who have the flu; this can cause a rare but serious illness called Reye's syndrome.

- Check ingredient labels on over-the-counter cold and flu medications to see if they contain aspirin.
- Children 5 years of age and older and teenagers with the flu can take medicines **without** aspirin, such as acetaminophen (Tylenol®) and ibuprofen (Advil®, Motrin®, Nuprin®), to relieve symptoms.
- Children younger than 4 years of age should **NOT** be given over-the-counter cold medications without first speaking with a health care provider.
- The safest care for flu symptoms in children younger than 2 years of age is using a cool-mist humidifier and a suction bulb to help clear away mucus.
- Fevers and aches can be treated with acetaminophen or ibuprofen, or nonsteroidal anti-inflammatory drugs (NSAIDs). **However, patients with kidney disease or stomach problems should check with their health care provider before taking any NSAIDs.** Examples of these kinds of medications include Acetaminophen, Ibuprofen, and Naproxen.
- Over-the-counter cold and flu medications used according to the package instructions may help lessen some symptoms such as cough and congestion. **Note: These medications will not lessen how infectious a person is.**
- **Note: Check the ingredients on the package label to see if the medication already contains acetaminophen or ibuprofen before taking additional doses of these medications—don't double dose!**
- Check with your health care provider or pharmacist if you are taking other over-the-counter or prescription medications not related to the flu. For more information on products for treating flu symptoms, see the [FDA's H1N1 \(Swine\) Flu News page](#).

(Source: <http://flu.gov/individualfamily/caregivers/index.html#care>)

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