

## **Preparing for H1N1 - What is your Personal Plan?**

**The Sioux County Pandemic Influenza Team is currently planning for the expected second wave of the H1N1 pandemic in the coming weeks or months. All Healthcare workers are expected to plan for this next wave, which will likely include a surge in patients.**

### **POSSIBLE OUTCOMES:**

- Closing of schools and daycares
- Closing of banks, stores, government offices and/or post offices
- Closing of public gatherings such as volunteer meetings and worship services

### **ITEMS TO HAVE ON HAND:**

- 2-week supply of water and food (i.e. canned food, dry goods, pet food)
- 1-2 gallons of water per person per day for cooking and hygiene needs (i.e. 14-28 gallons for a 2-week supply for a family of 4)
- 2-week supply of household items (i.e. soap, paper supplies, diapers)
- Prescription medication
- Non-prescription medications (i.e. pain relievers, cough and cold medications)

### **EMPLOYMENT, CHILDCARE AND SCHOOL PLANNING:**

- What arrangements will I need to make to be able to work?
- Plan for reduction or loss of income if unable to work
- School/Childcare
- Can I adjust schedules to take care of children at home?
- Identify relatives, neighbors or other resources available to assist with childcare
- Have learning activities on hand at home

### **PREVENTION:**

- STAY HOME - if suffering from a fever (100 degrees F or greater) combined with cough and/or sore throat
- Wash hands frequently with soap and water or use waterless antiseptic Cover coughs and sneezes with tissues
- Put used tissues in waste basket-Cough or sneeze into sleeve if you don't have a tissue
- Clean your hands after coughing or sneezing
- Model this behavior for children

**KNOW THE FACTS:**

- [www.pandemicflu.gov](http://www.pandemicflu.gov)
- [www.cdc.gov](http://www.cdc.gov)
- Centers for Disease Control hotline 1-800-CDC-INFO
- [www.cdc.gov/other.htm#states](http://www.cdc.gov/other.htm#states) - State Dept. of Health-

**Websites that you may want to use for information:**

- <http://www.cdc.gov/h1n1flu/qa.htm>
- <http://www.pandemicflu.gov/plan/checklists.html>
- <http://emergency.cdc.gov/preparedness/>
- <http://doh.sd.gov/H1N1.aspx>