

# Wisconsin Pandemic Influenza Toolkit for Families



Wisconsin Department of Health Services  
Division of Public Health  
[pandemic.wisconsin.gov](http://pandemic.wisconsin.gov)





# Introduction

Brought to you by the Wisconsin Division of Public Health, the Wisconsin Pandemic Influenza Toolkit for Families is a resource to help you and your family in preparing for and responding to pandemic or seasonal influenza. The toolkit provides guidance on:

- Preventing influenza
- Caring for sick family members
- Preparing your family for a pandemic
- Staying healthy during a pandemic
- Deciding when to stay home during a pandemic

More information on preparing your family for an influenza pandemic can be found on the websites listed on page 20 of this toolkit. Several of these sites list fun activities to get your family involved in the planning process. By planning now, your family members will be better prepared to care for each other during a pandemic.

Enjoy the toolkit and have fun getting prepared!





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# 1

# How to Prevent Getting and Spreading Influenza

## Good Habits to Help Prevent Influenza (Flu)

Flu may spread from person to person when an infected person coughs, sneezes, or touches things others use. Here are some simple things you can do to help protect yourself and your family from the flu:

- ✓ **Wash your hands often with soap and warm water for 20 seconds.** If water is unavailable, use an alcohol-based hand gel (like Purell® or a store-brand). Wash your hands before and after using the bathroom.

**Cleaning your hands is the single best step that can be taken to prevent the spread of influenza.**

- ✓ **Don't touch your eyes, nose, or mouth without first washing your hands.** Influenza spreads when a person touches items covered with virus and then touches their eyes, nose, or mouth.
- ✓ **Avoid close contact with people who are ill.** Maintain *at least* 6 feet of distance.
- ✓ **Disinfect items people frequently touch.** This includes door knobs, toys, keyboards, faucets, remote controls, phones, and switches. Use a household disinfectant or chlorine bleach mixture.



### Chlorine Bleach Disinfectant Mixture:

- Mix ¼ cup store brand chlorine bleach AND 1 gallon of cool water.
- Allow 10 minutes of contact on surface before wiping off.
- Make fresh daily.

- ✓ **Get an influenza vaccination.** An annual influenza vaccination can reduce your risk of getting seasonal influenza during a pandemic.
- ✓ **Practice good health habits.** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat properly.
- ✓ **Avoid smoking.** Smoking may increase the risk of serious complications from the flu.
- ✓ **If you travel to areas with bird flu,** avoid live bird markets, farms or direct contact with birds or their secretions.



# 1

## How to Prevent Getting and Spreading Influenza

### Preventing the Spread of Influenza

While some people with influenza do require hospitalization, most people with influenza are able to remain at home during the course of their illness. These ill persons can be cared for by family members or others who live in the household. The following information is intended to help families and caregivers recognize the symptoms of influenza and care for ill persons in the home, both during a typical influenza season and during an influenza pandemic.

Because influenza can spread easily from person to person, anyone living in or visiting a home where someone has influenza can become infected. For this reason, it is important to take steps to prevent the spread of influenza to others in the home.

At the outset of an influenza pandemic, a vaccine for the *pandemic influenza* virus may not be available for several months. However, it's still a good idea to get a *seasonal influenza* vaccine to protect from seasonal flu.

#### Know the Symptoms of Influenza, which may include:

- ✓ Sudden onset of illness
- ✓ Fever higher than 100.4° F (38° C)
- ✓ Chills
- ✓ Cough
- ✓ Headache
- ✓ Sore throat
- ✓ Stuffy nose
- ✓ Muscle aches
- ✓ Feeling of weakness and/or exhaustion
- ✓ Diarrhea, vomiting, and/or abdominal pain  
(occur more commonly in children)



# 1

# How to Prevent Getting and Spreading Influenza

## What Can Caregivers Do?

If you need to care for someone with influenza in your home, the following are some useful tips:

- ✓ **Physically separate influenza patients from other people** as much as possible. When practical, the ill person should stay in a separate room where others do not enter. Other people living in the home should limit contact with the ill person as much as possible.
- ✓ **Designate one person in the household as the main caregiver** for the ill person. Ideally, this caregiver should be healthy and not have medical conditions that would put him or her at risk for severe influenza disease.

### Medical conditions that are considered “high risk” include the following:

- Pregnancy
- Diabetes
- Heart problems
- Kidney disease
- Disease or treatment that suppresses the immune system
- Chronic lung disease, including asthma, emphysema, cystic fibrosis, chronic bronchitis, bronchiectasis, and tuberculosis (TB)
- Age over 65

- ✓ **Watch for influenza symptoms** in other household members.

- ✓ **Contact your health care provider if you have questions** about caring for the ill person. However, during a severe influenza pandemic it may be difficult to contact your usual healthcare provider. The State of Wisconsin’s pandemic flu website, [Pandemic.Wisconsin.Gov](http://Pandemic.Wisconsin.Gov), will provide information on how to get medical advice. If special telephone hotlines are used, these numbers will be on the website and announced through the media. The website will also list contact information for the local health department in your area.



- ✓ **Wear masks.** Masks may be useful in decreasing spread of influenza when worn by the patient and/or caregiver during close contact (within 3 feet). If masks are worn, to be useful they must be worn at all times when in close contact with the patient. Wearing of gloves and gowns is not recommended for household members providing care in the home.



# 1

## How to Prevent Getting and Spreading Influenza

### What Can Everyone in the Household Do?

There are many things that can be done around the home to prevent spreading influenza from one family member to another:

- ✓ **Wash hands with soap and water or use an alcohol-based hand cleanser** (like Purell® or a store-brand) after each contact with an influenza patient or with objects in the area where the patient is located. Wash hands before and after using the bathroom.

**Clean hands are the single best preventive measure for everyone in the household.**



Wash long enough to sing the Happy Birthday song twice. These 15 to 20 seconds of washing are enough to kill germs.

- ✓ **Don't touch your eyes, your nose, or your mouth** without first carefully washing your hands.
- ✓ **Wash soiled dishes and eating utensils either in a dishwasher or by hand with warm water and soap.** It is not necessary to separate eating utensils used by a patient with influenza.
- ✓ **Laundry can be washed in a standard washing machine with warm or cold water and detergent.** It is not necessary to separate soiled linen and laundry used by a patient with influenza from other household laundry. In order to avoid contamination, do not "hug" the laundry. Wash hands with soap and water after handling soiled laundry.
- ✓ **Place tissues used by the ill patient in a bag** and throw them away with other household waste. Consider placing a bag at the bedside for this purpose.
- ✓ **Disinfect items people touch** like door knobs, toys, keyboards, faucets, remote controls, phones, and light switches. Use a household disinfectant or chlorine bleach mixture (see page 1).



# 1

## How to Prevent Getting and Spreading Influenza

### Prevent the Spread of Illness in the Community

It is important to take precautions to protect others outside the home from getting sick. Some useful ways to prevent spreading illness in the community include:

- ✓ **Stay at home if you are sick.** Ill persons should not leave the home until they have recovered because they can spread the infection to others. In a typical influenza season, persons with influenza should avoid contact with others for about 5 days after the onset of symptoms. During an influenza pandemic, public health authorities will provide information on how long persons with influenza should remain at home.
- ✓ **If the ill person must leave home** (such as for medical care), he or she should wear a surgical or procedure mask, if available, and should be sure to take the following steps.

#### Steps Ill Persons Can Take To Prevent the Spread of Disease:

- **Cover the mouth and nose** when coughing and sneezing, using tissues or the crook of the elbow instead of the hands.
- **Use tissues** to contain mucous and watery discharge from the mouth and nose.
- **Dispose of tissues** in the nearest waste receptacle after use or carry a small plastic bag (like a zip-lock bag) for used tissues.
- **Wash hands** with soap and water or use an alcohol-based hand cleanser after covering your mouth for a cough or sneeze, after wiping or blowing your nose, and after handling contaminated objects and materials, including tissues.

- ✓ During an influenza pandemic, **only people who are essential for patient care or support should enter a home where someone is ill with pandemic influenza** unless they have already had influenza.
- ✓ If other persons must enter the home, they should **avoid close contact with the patient and use the infection control precautions** recommended above.
- ✓ **Keep your distance from others** by avoiding crowds, limiting your travel, and working from home when possible.

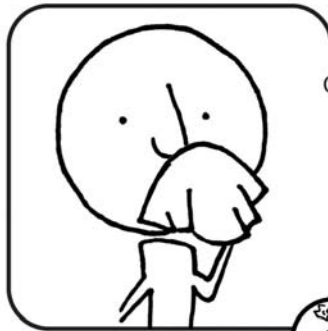


# 1

# How to Prevent Getting and Spreading Influenza

Stop the spread of germs that make you and others sick!

## Cover your Cough



Cover your mouth and nose with a tissue when you cough or sneeze or

cough or sneeze into your upper sleeve, not your hands.

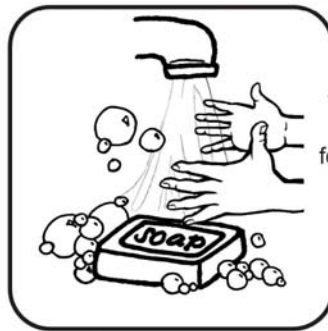


Put your used tissue in the waste basket.



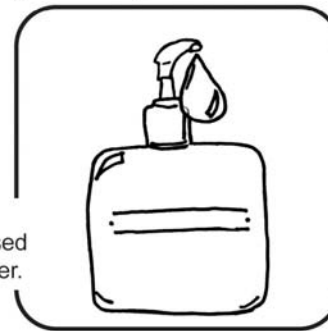
## Clean your Hands

after coughing or sneezing.



Wash hands with soap and warm water for 20 seconds

or clean with alcohol-based hand cleaner.



Minnesota Department of Health  
717 SE Delaware Street  
Minneapolis, MN 55414  
612-676-5414 or 1-877-678-5414  
www.health.state.mn.us



Minnesota Antibiotic Resistance Collaborative



# 2

## How to Care for Someone Who Is Sick

### Caring for an Ill Family Member

During an influenza pandemic, instructions for obtaining medical advice and receiving medical care will be provided to residents of Wisconsin through the media and healthcare providers. The following information is a general guide for providing care at home, and is not intended to take the place of medical advice from a healthcare provider.

- ✓ **Keep a care log** (see section 7). Record the information below about the ill person at least once each day, or more often as symptoms change, along with the date and time. Bring this information along when seeing a healthcare provider.

#### Completing a Care Log:

- Check and record the patient's temperature.
- Check and record the patient's skin color (pink, pale, or bluish) and note the presence and appearance of any rashes.
- Record the approximate quantity of fluids consumed each day and through the night.
- Record how many times the ill person urinates each day and the color of the urine (clear to light yellow, dark yellow, brown, or red).
- Record all medications, dosages and times given.



- ✓ **Keep the ill person as comfortable as possible.** Rest is important.
- ✓ **Keep tissues and a trash bag for their disposal** within reach of the patient.
- ✓ **Make sure the patient avoids drinking alcohol and using tobacco.** Smoking should not be allowed in the home.
- ✓ **Use ibuprofen or acetaminophen** or other measures, as recommended by your healthcare provider, for fever, sore throat, and general discomfort. See bottle for directions.
- ✓ **Do NOT use aspirin in children or teenagers** with influenza because it can cause Reye's syndrome, a life-threatening illness.



# 2

## How to Care for Someone Who Is Sick

### Preventing Dehydration

When a person is ill, it is important to provide them with enough fluids to prevent dehydration. Below are steps that can be taken to provide hydration in a variety of situations:

- ✓ **If the patient IS NOT vomiting**, offer plenty of fluids to prevent dehydration, even if he or she does not feel thirsty.

- Offer small amounts of fluid frequently. It is important to drink fluids early and often to prevent dehydration. Regular urination is a sign of good hydration.
- If the ill person is not eating solid foods, include fluids that contain sugars and salts, such as:
  - Broth or soups.
  - Ginger ale and other sodas, but not diet drinks.
  - Rehydration solution to prevent dehydration. Examples of rehydration solutions are: Pedialyte® for kids and Gatorade® for adults and teens. A recipe for making rehydration solution at home is provided.



#### Homemade Rehydration Solution:

- ✓ 4 cups of clean water
- ✓ 2 tablespoons of sugar
- ✓ ½ teaspoon of salt

Mix the above ingredients until sugar disappears.

- ✓ **If the patient IS vomiting**, do not give any fluid or food by mouth for at least 1 hour. Let the stomach rest. Next, offer a clear fluid, like water, in very small amounts.

#### Providing Hydration to Ill Persons who are Vomiting:

- Do not give any food or fluid by mouth for at least one hour after vomiting ceases.
- Start with 1 teaspoon to 1 tablespoon of clear fluid every 10 minutes.
- If the patient vomits, let the stomach rest again for an hour.
- Again, try to give small frequent amounts of clear fluid.
- When there is no vomiting, gradually increase the amount of fluid offered and use fluids that contain sugars and salts.
- After 6-8 hours of a liquid diet without vomiting, add solid food that is easy to digest, such as saltine crackers, soup, mashed potatoes or rice.
- Gradually return to a regular diet.

- ✓ **Babies who are breast-fed and vomiting can continue to nurse.** Feed smaller amounts, more often, by breast-feeding on only one breast for 4-5 minutes every 30-60 minutes or by offering teaspoonfuls of Pedialyte® or Lytren® every 10 minutes.



# 2

## How to Care for Someone Who Is Sick

### Recognizing and Treating Dehydration

When caring for someone who is ill, it is important to watch for the following signs of dehydration:

- ✓ **Weakness or unresponsiveness**
- ✓ **Sunken eyes**
- ✓ **Decreased saliva/dry mouth and tongue**
- ✓ **Skin tenting:** check this by picking up layers of skin between your thumb and forefinger and gently pinching for 1 second. Normally, the skin will flatten out into its usual shape right away. If patient is dehydrated, the skin will “tent” or take 2 or more seconds to flatten out. This is best checked on the belly skin of a child and on the upper chest of an adult.
- ✓ **Decreased output of urine**, which becomes dark in color from concentration. Ill persons who are getting enough fluids should urinate at least every 8-12 hours.



**If the ill person is dehydrated**, give sips or spoonfuls of fluids frequently over a 4-hour period. Watch for an increase in urination, a lighter color of the urine and improvement in the patient’s overall condition. These are signs that the increased fluids are working.

- ✓ **Children under 5 years:** Give 1 ounce fluid per pound body weight over 4 hours (Example: A 20 lb. child needs 20 oz. or 2-3 cups over 4 hours).
- ✓ **Older children & adults** will need 1-2 quarts of fluids over the first 4 hours.

Dehydration in infants and the elderly can be dangerous, seek medical attention immediately if symptoms continue to worsen.



# 2

## How to Care for Someone Who Is Sick

### Complications from Influenza

Watch for complications of influenza. Complications are more common in individuals with health conditions such as diabetes, heart, and lung problems, but may occur in anyone who has the flu.

**Call your healthcare provider or the pandemic influenza hotline if the ill person:**

- ✓ **Has difficulty breathing**, fast breathing, or bluish color to the skin or lips.
- ✓ **Begins coughing up blood.**
- ✓ **Shows signs of dehydration** and cannot take enough fluids.
- ✓ **Does not respond** or communicate appropriately or appears confused.
- ✓ Complains of **pain or pressure in the chest.**
- ✓ **Has convulsions** (seizures).
- ✓ **Is getting worse again** after appearing to improve.
- ✓ Is an **infant younger than 2 months old** with fever, poor feeding, urination less than 3 times per day, or other signs of illness.



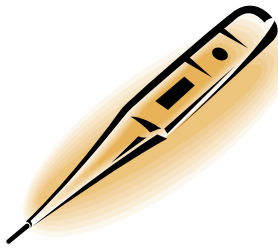
# 2

## How to Care for Someone Who Is Sick

### How to Use a Thermometer

Use a digital thermometer, with numbers, not the old kind of thermometer with mercury (a silver or red line).

#### Oral Use (basic digital thermometer only):



- ✓ Place the end of the thermometer well under the tongue. The mouth should remain closed. Do not bite the thermometer.
- ✓ When you hear “beep” sounds remove the thermometer from the mouth.
- ✓ Read the numbers on the screen. Normal temperature is approximately 98.6 °F.

#### Underarm Use:

- ✓ Place the end of the thermometer in the armpit so that the probe touches the skin. Hold the arm next to the body.
- ✓ When you hear “beep” sounds take out thermometer.
- ✓ Read the numbers on the screen. Normal underarm temperature is approximately 97.6 °F.

*Note: Rectal use is recommended for babies and young children. Instructions for this method are included in the thermometer package. There are also times when you may have to take an adult’s temperature rectally.*

#### How to clean the thermometer:

- ✓ Use alcohol wipes or a cotton ball saturated with 70% Isopropyl Alcohol or Rubbing Alcohol.
- ✓ Rub the alcohol wipe over the entire thermometer.
- ✓ Dry the thermometer with a clean dry cloth or cotton ball.
- ✓ NEVER return an unclean thermometer to the storage case.

*Note: If taking many temperatures use a plastic cover for the end of the thermometer. **DO NOT** reuse thermometer covers.*



# 3

## How to Prepare Your Family for a Pandemic

### Pandemic Flu and You



#### Preparing Your Family

Now is the time to prepare for a pandemic flu. Even if a pandemic flu doesn't happen, this preparation will prove useful in the event of other disasters like hurricanes and ice storms. Whether it is pandemic flu or a storm, your world may be seriously disrupted. Grocery stores and drug stores may be closed or short of supplies. You and your family need to be ready. Here's a check list to help you get ready and avoid a last minute rush.

#### Store Enough Food and Water for Two Weeks

Completed	In Progress	Not Started	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Have a two week supply of food and water on hand. Set aside one gallon of water a day for each person in your household. Stock things like canned meat and powdered milk.</p> <p>The list on the back of this announcement has good ideas about food you can store for you and your family.</p>

#### Obtain Needed Medications

Completed	In Progress	Not Started	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>If you or a family member takes regular prescription drugs, make sure you have at least one extra month's worth of the prescription. If your insurance will not agree to cover the extra supply, you may need to pay out-of-pocket. Talk with your doctor or insurance company about how to arrange this. You don't want to run out of a necessary drug when supplies may be disrupted or drug stores closed. This includes medications for diabetes and other life-saving medications. A disaster is stressful for everybody and taking care of your family's health is top priority.</p>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Have a first aid kit on hand which includes pain relievers, stomach remedies and cough and cold medicine.</p> <p>The checklist on the back of this announcement gives good ideas about medicines you should have on hand.</p>

#### Prepare Other Emergency Supplies

Completed	In Progress	Not Started	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Think now about what you will do if power is disrupted or if other emergency issues arise. Always have an emergency supply of cash on hand, so you won't have to rely on an ATM.</p> <p>A list on the back of this checklist includes other items you may need.</p>

#### Plan for Your Pet

Completed	In Progress	Not Started	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Pets are a vital part of many households. Make sure that you have two weeks supply of food and water on hand for them as well as their rabies/immunization records, leash and identification tags.</p>



# 3

## How to Prepare Your Family for a Pandemic

### Talk It Over

Completed	In Progress	Not Started	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Sit down now and talk with your loved ones, especially the ones who don't live with you, about how they will be cared for in the event of a pandemic.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Decide who will take care of children if schools are closed.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Think about how you would care for people in your family who have disabilities if support services are not available.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Make sure that you have plans in place to assure that your loved ones are taken care of in the event of a pandemic. For general preparedness, agree on a point of contact where all family members can check-in if you are separated during any emergency. The effects of a pandemic can be lessened if you prepare ahead of time.
			Preparing for a disaster will help bring peace of mind and confidence to deal with a pandemic.

Examples of food and non-perishables	Examples of medical, health, and emergency supplies
Ready-to-eat canned meats, fish, fruits, vegetables, beans, and soups	Prescribed medical supplies such as glucose and blood-pressure monitoring equipment
Protein or fruit bars	Soap and water, or alcohol-based (80-95%) hand wash
Dry cereal or granola	Medicines for fever, such as acetaminophen or ibuprofen
Peanut butter or nuts	Thermometer
Dried fruit	Anti-diarrheal medication
Crackers	Vitamins
Canned juices	Fluids with electrolytes
Bottled water	Cleansing agent/soap
Canned or jarred baby food and formula	Flashlight
Pet food	Batteries
Other non-perishable items	Portable radio
	Manual can opener
	Garbage bags



# 4

## How to Maintain a Healthy Mind and Body during a Pandemic

### Caring for Mental Health

#### Things to remember when trying to understand an influenza outbreak or pandemic:



- ✓ It is normal to worry about yourself and your family's safety.
- ✓ Everyone is touched by an influenza outbreak or pandemic.
- ✓ Grief and anger are normal reactions.
- ✓ Focusing on your strengths will help you heal.
- ✓ Everyone has different needs and different ways of coping.

#### Common reactions that may occur during an influenza outbreak or pandemic could be:

- ✓ Difficulty talking, sleeping, walking, and concentrating.
- ✓ Increased irritability.
- ✓ Depression, sadness, mood swings, and crying easily.
- ✓ Feelings of helplessness.
- ✓ Worries about loss of income and job protection, especially if asked to stay at home for an extended period of time.
- ✓ Concerns about those who depend on you for care.
- ✓ Fears of separation from life activities.
- ✓ Feeling a lack of control, especially when control is entirely in the hands of others.
- ✓ Increased boredom.



# 4

## How to Maintain a Healthy Mind and Body during a Pandemic

### Maintaining a Healthy Mind

#### How to keep healthy when staying at home:

- ✓ Learn as much as you can about flu, and be aware of normal reactions during an influenza outbreak or pandemic.
- ✓ Keep to your usual routine, as much as possible.
- ✓ Have activities on-hand that can prevent boredom (games, toys, etc.) and keep your mind active.
- ✓ Keep your living space as comfortable as possible.
- ✓ Get plenty of sleep, try to exercise, eat healthy, and relax.
- ✓ Establish a family emergency plan that includes where to meet if you become separated, and important phone numbers.



#### Pay Special Attention to Children:

- ✓ Let children know it is okay to feel upset when something scary happens.
- ✓ Encourage children to express feelings and thoughts, without making judgment.
- ✓ Enjoy your child and take part in activities together.
- ✓ Turn off the TV and radio, especially if the news makes you worried. If you are worried your child can sense it.



# 5

## How to Determine When to Go to Work and School during a Pandemic

### Returning to Work

These are suggested guidelines to follow for someone who has recently recovered from influenza and is trying to determine whether or not it is safe to return to work.

#### Current Criteria for Returning to Work after SEASONAL Influenza:

Workers who have become ill with influenza should stay at home until all of the following criteria are met:

- ✓ At least 5 days have passed since the symptoms of illness began;  
AND
- ✓ Fever has resolved and has not been present for at least 24 hours;  
AND
- ✓ Cough is improving (decreasing in frequency and amount of secretions with no associated chest discomfort or shortness of breath).



Upon returning to the work environment, employees should continue to follow cough etiquette and hand washing protocols.

#### Criteria for PANDEMIC Influenza:

Experts do not know whether the mode of transmission, incubation period, or contagious period of a pandemic influenza virus will be similar to those of the regular seasonal influenza. Because of this, employers must be alert to specific recommendations from the State of Wisconsin Division of Public Health during an influenza pandemic. Management of illness in the workplace, including when it is safe for workers to return to the work, will be communicated through various media channels as necessary.



# 5

## How to Determine When to Go to Work and School during a Pandemic

### Keeping Children Home from School

During a pandemic, it is possible that schools will be closed in order to prevent the spread of the influenza virus. However, if schools are still open, use the diagram below as a guide to help with making decisions about whether or not to send children to school. These guidelines can also be used to determine if a child should be sent to daycare or other activities where they will be exposed to other children.

### During Flu Outbreaks

I should keep my child home when he or she...



- ♦ Appears ill
- ♦ Is abnormally pale
- ♦ Is unable to comfortably participate in regular school activities



- ♦ Is sweaty (when the weather is not hot)
- ♦ Has a temperature when it is not hot outside and has not been really active\*



- ♦ Has a cough or sneezing that is not normal for my child
- ♦ Complains of pain in ears, throat, head or chest



- ♦ Has thrown up in the past 12 hours or had 2 or more episodes of diarrhea in the past 24 hours

\* A temperature is: over 100.4° by mouth, or 102° rectally, or 100° under arm, or 102° in ear. Do not take the temperature by mouth for a child under 4 years of age.



Developed by Contra Costa County Employment and Human Services Department, Community Services Division



# 6

## Pandemic Preparedness Quiz

**As a result of information you have received in this toolkit have you begun to prepare:**

A two-week supply of water – one gallon per person, per day?

Yes \_\_\_ No \_\_\_

A two-week supply of non-perishable food?

Yes \_\_\_ No \_\_\_

A back-up plan in case the electricity goes out?

Yes \_\_\_ No \_\_\_

Nonprescription drugs and health supplies, particularly ibuprofen or acetaminophen for each person in the house, and a two-week supply of cough medicine?

Yes \_\_\_ No \_\_\_

A two-week supply of prescriptions medicines (with regular checks to ensure a continuous supply)?

Yes \_\_\_ No \_\_\_

A supply of disinfectants and chlorine bleach?

Yes \_\_\_ No \_\_\_

**Have you:**

Talked with family members, loved ones, and neighbors about how they would be cared for if they got sick, or what will be needed to care for them in your home?

Yes \_\_\_ No \_\_\_

Taught your family members to wash their hands frequently with soap and water for 20 seconds – or the time it takes to sing “Happy Birthday” twice – and modeled that behavior?

Yes \_\_\_ No \_\_\_

Taught your family members to cover coughs and sneezes with tissues or to cough into their sleeve, and modeled that behavior?

Yes \_\_\_ No \_\_\_

Encouraged your family members to stay away from others who are sick?

Yes \_\_\_ No \_\_\_



# 7

## Personal Care Log

Copy, fill out, and bring log sheets to health care provider visits.

Name of Patient \_\_\_\_\_

Name of Health Care Provider \_\_\_\_\_

Date	Time	Observations	Temperature	Medications



# 8

## Resources

**The following resources are intended to assist individuals and families in their preparations for an influenza pandemic, or other emergency situation:**

Wisconsin's Pandemic Flu Resource:  
<http://pandemic.wisconsin.gov/>

U.S. Government Pandemic Flu Information:  
<http://pandemicflu.gov/>

Wisconsin Local Public Health Department Listing:  
<http://dhs.wisconsin.gov/localhealth/index.htm>

Individual and Family Planning Materials:  
<http://pandemicflu.gov/plan/individual/index.html>

American Red Cross Pandemic Website:  
<http://www.redcross.org/>

Ready.Gov Preparedness Website:  
<http://www.ready.gov/>

American Public Health Association Get Ready Website:  
<http://www.getreadyforflu.org/>

Centers for Disease Control and Prevention:  
<http://www.cdc.gov/>

The Humane Society of the United States:  
<http://www.hsus.org/>

Substance Abuse and Mental Health Services Administration:  
<http://www.samhsa.gov/>

World Health Organization:  
<http://www.who.int/en/>

Ready Wisconsin:  
<http://readywisconsin.wi.gov/>

**For more information, contact the Wisconsin Division of Health at:**  
[DHSWIPanFlu@wi.gov](mailto:DHSWIPanFlu@wi.gov)

**Special thanks for providing materials included in the toolkit goes to:**

Arlington County Department of Public Health  
Contra Costa County Health Services  
Contra Costa County Board of Education  
Montgomery County Department of Public Health  
North Carolina Department of Public Health  
Seattle/King County Department of Public Health  
United States Centers for Disease Control and Prevention  
United States Department of Health and Human Services





Wisconsin Department of Health Services  
Division of Public Health  
[pandemic.wisconsin.gov](http://pandemic.wisconsin.gov)