

# What Will You Need to Stay Healthy and Secure During a Pandemic Flu Outbreak?





# DR. RALPH'S PREPAREDNESS CHECKLIST

- Food and bottled water**  
Ideally, a 6-8 week supply stored in the home.
- Portable power sources**  
An ample supply of energy resources (batteries, propane, etc.) to heat, light and operate necessary home functions, including your home computer.
- Household products and sanitary items**  
Paper products (Kleenex, toilet paper, paper towels), plastic products (garbage bags, re-sealable bags), cleaning supplies, non-water hand sanitizer, personal hygiene products, etc.
- Prescription drugs**  
Vital for diabetics, heart, lung and other chronic conditions that require daily medication.
- Over-the-counter medications and first aid supplies**  
For the treatment of fever, flu, colds, etc. including a fully stocked first aid kit for the treatment of minor injuries and illnesses.
- A supply of household chlorine bleach**  
For use as an emergency water purifier and to sanitize surfaces.
- Communications equipment**  
A battery-operated radio and several fully charged cell phones to maintain an open information channel with family, friends, local authorities and community information sources.
- Home computer system/Internet services**  
To provide access to local, national and global news, health-related information and pandemic-related news updates. Also vital to allow some individuals to continue participation at their place of employment or school.
- Pet supplies**  
Food, medication and sanitation supplies for family pets.
- Neighborhood service directory**  
A directory of medical, emergency and community services and their locations.
- Money**  
Without access to ATMs and banking services, cash on-hand could be necessary to replenish supplies and purchase necessary services.



*Dr. Ralph is the Water Quality & Health Council's Ralph D Morris, MD, MPH a public health physician/ preparedness consultant who works for the Minnesota Department of Health. The above checklist is the product of the WQ&HC to help eliminate the guesswork in preparing for a pandemic.*