

# PERSONAL PANDEMIC PLANNING GUIDE

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## Pandemic Planning at Home

This Personal Pandemic Planning Guide is meant to assist you in developing your own plans for your household. Once you have developed your own personal strategy, we recommend that you post your plan on your fridge and revisit it frequently.

You will quickly notice that many of these questions relate to children and childcare arrangements. During an infectious disease outbreak, there is the potential for schools and daycares to be closed down. It is important, therefore, to plan for alternative childcare arrangements if you rely on schools and daycares. Those who care for the elderly or other individuals with special needs could also have challenges that require pre-planning.

The following contains information to help with your Personal Pandemic Planning:

- ✓ Questionnaire to assist with your personal plans
- ✓ Personal & Family Emergency Health Information Sheet
- ✓ Emergency Contact List
- ✓ Planning tips and checklist

## Personal Planning Questionnaire

Do you have children?       Yes       No

Do you have children with special needs? If so, list below.

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Is there another parent or guardian?       Yes       No

Does that person live with you?       Yes       No

If no, where does that person live?

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Does the other parent or guardian work?       Yes       No

If yes, can the other parent/ guardian work from home?       Yes       No

What are your current childcare arrangements?

- Daycare
- Home Daycare
- Other parent/ guardian
- In house nanny or babysitter
- Family Member

Do you have other family or friends in the area that would be willing and able to help with child care? (List names, phone numbers)

Name	Phone Number

If schools/ daycares/ home daycare were closed, what are your alternatives for childcare?

Option 1: \_\_\_\_\_

Option 2: \_\_\_\_\_

Option 3: \_\_\_\_\_

Do you provide care, in house or otherwise, for another family member or adult who may be ill or have other special needs?       Yes       No

Is there another caregiver to assist you?       Yes       No

Does that person live with you?       Yes       No

If no, where does that person live? \_\_\_\_\_

Does the other caregiver work?       Yes       No

If yes, can the other caregiver work from home?       Yes       No

What other services do you use to assist with this care?

\_\_\_\_\_

Which of these services are you most dependent on? \_\_\_\_\_

What arrangements will you have to make if these services are not available during a pandemic?

\_\_\_\_\_

\_\_\_\_\_

**Other Considerations:**

Do you have any pets?  Yes  No

If yes, list type and number.

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Do you live on an acreage or farm with animals?  Yes  No

If yes, list type and number.

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Do any of these animals have any special care requirements?  Yes  No

If yes, list special care requirements.

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Do you have someone to look after your animals if you become ill or have to be away from home for extended periods of time? (List names, phone numbers)

Name	Phone Number

**Personal and Family Emergency Health Information**

Name	Blood Type	Allergies	Past/ Current Medical Conditions	Current Medications	Dosage

## Emergency Contacts

Contact Type	Name	Phone Number
Local Personal Emergency Contact:		
Out-of-town Personal Emergency Contact:		
Hospitals Near Work:  School:  Home:		
Family Physician:		
Pharmacy:		
School Emergency Contact:		
Work Emergency Contact:		
Veterinarian:		



## Plan for a Pandemic

- Store extra food and water. During a pandemic, you may not be able to get into a store, or they might be out of supplies.
- Ask your doctor for an extra supply of your regular medications and follow proper storage instructions.
- Have on hand an extra supply of non-prescription medications for common ailments.
- Make plans for caring for ill family members at home. Check in on neighbours, such as seniors, who may need assistance.
- Volunteer with local groups to prepare and assist with emergency response.
- Get involved with your community to prepare for influenza pandemic.

### ***Supplies to have on hand:***

- |   |  |
|---|--|
| <input type="checkbox"/> Ready to eat canned meats, fruits, vegetables, and soups   | <input type="checkbox"/> Peanut butter or nuts   |
| <input type="checkbox"/> Protein or fruit bars                                      | <input type="checkbox"/> Dried fruits  |
| <input type="checkbox"/> Dry cereal or granola                                      | <input type="checkbox"/> Crackers  |
| <input type="checkbox"/> Canned Juices  | <input type="checkbox"/> Bottled Water   |
| <input type="checkbox"/> Canned or jarred baby foods and formulas                   | <input type="checkbox"/> Pet food  |
| <input type="checkbox"/> Manual can opener  | <input type="checkbox"/> Prescribed medical supplies (glucose and blood – pressure monitoring equipment) |
| <input type="checkbox"/> Soap and water or alcohol based hand wash (hand sanitizer) | <input type="checkbox"/> Medicines for fever (acetaminophen or ibuprofen)                                |
| <input type="checkbox"/> Thermometer  | <input type="checkbox"/> Anti-diarrhoeal medications   |
| <input type="checkbox"/> Vitamins   | <input type="checkbox"/> Fluids with electrolytes  |
| <input type="checkbox"/> Cleansing agent/soap                                       | <input type="checkbox"/> Flashlight, batteries, portable radio   |
| <input type="checkbox"/> Garbage bags   | <input type="checkbox"/> Tissues, toilet paper, disposable diapers, feminine hygiene products            |

### ***Limit the Spread of Germs and Prevent Infections:***

- Teach your children to wash hands frequently with soap and water. Make sure you do the same.
- Teach your children to cover coughs and sneezes with tissues or forearm. Lead by example.
- Distance yourself from others who are sick. Keep yourself and your children home from school or work when sick.

## **Easy Tips to Reduce the Risk**

### COVER THAT COUGH

- Use a tissue to cover your mouth and nose when you cough or sneeze and throw the tissue into the garbage immediately.
- Don't use your hands to catch your cough or sneeze! Use your arm or elbow to cover your face.

### ABC's OF HAND WASHING

- Recite the alphabet twice when washing your hands and always use soap and warm water.
- Keep a hand sanitizer with you as a backup for extra protection.

### WHEN TO WASH

- After you cough or sneeze.
- Each time you use the bathroom.
- When caring for a sick person.
- After handling garbage or animal waste.
- Before and after handling food.

### KEEP IT CLEAN!

- Keep your home and work areas clean by using household detergents.
- Sterilize surfaces with bleach (3/4 cup bleach to 1 gallon water) or with rubbing alcohol (undiluted).

### YOU'RE IN MY SPACE

- Try to avoid crowds, especially in peak flu season.
- Restrict your travel.
- If commuting to work or school on public transportation, be sure to follow proper hygiene as noted above.