

Guide for Preparing for a Pandemic Flu and Other Emergencies

Prepared by New Canaan's Office of Emergency Management, Department of Health, and Red Cross

Supplies Checklist

FOOD

- Purchase and maintain 4-week supply
- Store in cool, dry place
- Check use-by date
- Replenish frequently
- Shopping list – www.newcanaanflu.org

WATER

- Drinking: minimum 3-gallons per person
- Other uses: store in 5-gallon containers

MEDICINE

- Purchase extra cold and flu medicine
- Purchase 30-day supply of prescription drugs
- Purchase medical supplies
- Shopping list – www.newcanaanflu.org

FAMILY DISASTER KIT

- \$200 cash
- First aid kit, radio, flashlight, extra batteries
- Tools and supplies – car and home
- Extra clothing and bedding
- Copies of important family documents
- Shopping list – www.newcanaanflu.org

PETS

- Keep 4-week supply pet food
- Pack ready to go kit
- Choose designated caregivers
- Photo of pet for ID

Planning Checklist

INDIVIDUAL AND FAMILY PLANS

- Create a family emergency plan
- Pick two places to meet in emergency
- Plan escape routes from house
- Identify safe zones in house
- Plan for needs in time of illness
- Practice plan periodically

SPECIAL NEEDS PLANS

- Make a personalized plan
- Identify places to go and who can help
- Register with New Canaan Human Services 594-3076
- Make a plan for service animals and pets

LIVING AT HOME PLANS

- It may be necessary to stay home during a pandemic
- Arrange how you would work from home
- Consider how to entertain yourself and children
- Plan for several periods of staying at home

Flu Treatment

PREVENTING FLU

- “Social distancing” is best protection
- Wash hands frequently with soap & water, use paper towels
- Practice sneeze and cough etiquette
- Consider using N-95 masks
- Practice safe food handling and proper cooking
- Disinfect often-touched surfaces regularly

HOME HEALTH CARE FOR FLU

- Understand flu and cold symptoms and differences
- At early onset, call your doctor
- Drink fluids, take prescription anti-virals, if available
- Wash hands frequently, disinfect surfaces
- Isolate patients
- Designate prime caregiver, use precautions, masks

MEDICAL HELP

- Call your doctor first
- Do not go to doctor's office or hospital
- The Health Department will keep you informed of conditions
- New Canaan will provide “intermediate care facilities”

EMERGENCY CONTACTS

- Any emergency: call 911
- Non-emergency: 594-3500 (Police department)
- Questions about this guide: 966-1663 (Red Cross)
- More contact info: www.newcanaanflu.org



Please keep and post for future reference.
www.newcanaanflu.org



Frequently Asked Questions about Preparing for a Pandemic Flu

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Why prepare?

The lesson of Hurricane Katrina is "Be Prepared," and the Town of New Canaan is working with the New Canaan chapter of the American Red Cross to help you become better informed about how you can prepare yourself and your family in the event of a natural or a health disaster such as a pandemic. These preparations can help your family get through the difficulties faced during power outages resulting from major storms, or they could help your family endure prolonged periods of staying at home during pandemic conditions.

How would a pandemic flu affect my family?

A pandemic flu is a new strain of influenza virus for which humans do not have immunity. This is different from the "seasonal" influenza viruses which we currently experience and which you can largely prevent by getting an annual flu shot. The "bird flu" virus or "H5N1," which you have heard about, is an example of a virus that could cause a pandemic. This virus has the potential to be deadly, and there is no reliable vaccine yet available.

In the absence of a vaccine, the only way to minimize catching this deadly virus is to distance yourself and your family from those who may have been exposed to the virus. Consequently, schools and businesses may close periodically. Hospitals may not have the resources to handle all those infected, and families would need to care at home for many of those who become ill.

On the opposite side of this sheet, we have provided information on what you need to do to prepare your family for a long period of staying at home and/or a disruption of the supply chain for goods and services. Comprehensive information and checklists are available online at www.newcanaanflu.org, and we urge you to take the time to review this information and prepare yourself and your family—now!

Why is there so much concern about a pandemic flu?

Experience has taught us that a pandemic flu can be deadly. In recent times, there have been three notable pandemic flu events – 1968's Hong Kong Flu, 1957's Asian Flu, and 1918's Spanish Flu. All three caused a significant increase in flu-related sickness and death. The 1918 pandemic was caused by a very virulent virus strain that resulted in a very high rate of sickness and a very high mortality rate. Over 50 million people died from complications related to the 1918 flu. Scientists from the Centers for Disease Control and Prevention project that the bird flu virus currently found in fowl worldwide could mutate into a virus even more deadly than the one that caused the 1918 pandemic.

Can't I wait till a pandemic occurs, or a storm is forecast, to prepare?

It is up to each family to choose how and when they would like to prepare for an emergency. We suggest that you consider how crowded supermarkets and hardware stores get when a storm is forecast, and then factor in that a pandemic will be a worldwide health and safety threat. In addition, the supply of goods and services will be affected as workers are unable to report to work because of illness.

How is New Canaan working to keep my family safe?

Our community has been working hard to prepare for disaster relief. Together, the Office of Emergency Management, the Department of Health, the New Canaan Red Cross, and the New Canaan Pandemic Preparedness Coordinating Committee are working to help community families, businesses, schools, faith-based organizations, and town services get prepared. They are committed to keeping you informed and providing you with the resources you need to keep your family safe.

What do I need to do?

Educate yourself about how you can prepare your family. Put together an emergency plan for yourself and your family. Begin to assemble a supply of the things your family would need over at least a four week period. A good way to start is to review the guide on the other side of this flyer. We also suggest that you affix the guide to the inside of a kitchen cabinet for easy reference.

How can I find more information?

The best resources are the Town websites, www.newcanaanflu.org and www.newcanaan.info. More information is available on the web site created by the U.S. Department of Health and Human Services, www.pandemicflu.gov. This web site provides the most up-to-date information on all aspects of flu conditions, planning, and preparedness.



Any more questions? Get the answers at
www.newcanaanflu.org

