

ITEMS TO HAVE ON HAND FOR AN EXTENDED STAY AT HOME:

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 (60-95%) 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
	Tissues, toilet paper, disposable diapers

[Family Emergency Health Information Sheet](#) (see next page)

Family Member Information:

Family Member	Blood Type	Allergies	Past/ Current Medical Conditions	Current Medications/ Dosages

[Emergency Contacts Form](#) (see next page)

Emergency Contacts form:

Contacts	Name/Phone Number
Local personal emergency contact	
Out-of-town personal emergency contact	
Hospitals near: Work	
School	
Home	
Family physician(s)	
State public health department (See list on www.pandemicflu.gov/state/statecontacts.html)	
Pharmacy	
Employer contact and emergency information	
School contact and emergency information	
Religious/spiritual organization	