

## Personal Emergency Preparedness from the Local Emergency Planning Committee (L.E.P.C.)

The threat of a public health emergency (such as pandemic flu) or terrorist incident is higher than ever before. No state or individual is immune. That's why it's important to think and plan ahead in the event of an emergency. We all share this responsibility.

The information in this brochure is intended to raise awareness of Needham residents and business employees of the need to plan for a potential outbreak, enhancing your capacity to effectively manage its risks for 72 hours.

The Needham L.E.P.C. meets monthly to identify issues, offer training, and participate in exercises. The committee includes:

The Health Department and Fire Department (co-chairs)

The Town Manager

The Police Department

The Department of Public Works

Emergency Management

Volunteer Medical Corps

Beth Israel Deaconess Hospital Needham

The Needham Public Schools

PTC

Channel 5

Olin College

The Needham Channel

The NBA

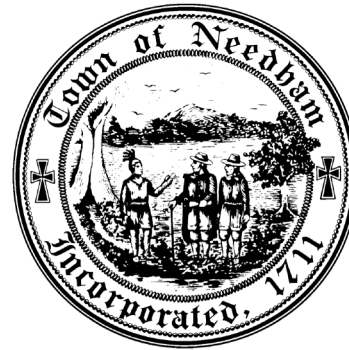
Needham residents

A pandemic flu outbreak is serious and requires more than chicken soup and tissues. You should know both the magnitude of what can happen during an outbreak as well as what actions you can take. We hope this checklist will make gathering the information and resources you need easier, helping you lessen an outbreak's impact on the ones you love.

For additional information on  
Pandemic Influenza, visit [www.cdc.gov](http://www.cdc.gov).

To view the Federal Emergency  
Management Agency's publication  
"Are You Ready?"

A Guide to Citizen Preparedness", visit  
[www.town.needham.ma.us/boh/  
BOHEmergencyPlanning.htm](http://www.town.needham.ma.us/boh/BOHEmergencyPlanning.htm).



©2006 Needham Health Department  
1471 Highland Avenue  
781.455.7523  
[BOH@town.needham.ma.us](mailto:BOH@town.needham.ma.us)

Supported by a grant from the Massachusetts Department of Public Health.

# flu pandemic & you

## A Pandemic Flu Planning Checklist for Individuals and Families

Courtesy of the Needham Health Department

Pandemic flu is a virulent flu that causes a global outbreak, or pandemic, of serious illness. Because there is little natural immunity, the disease can spread easily from person to person, and have a serious effect on your family.



## To plan for a pandemic:

- At a minimum, store a 72-hour supply of water and food. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies, such as power outages and disasters, as well.
- Ask your doctor and insurance company if you can get an extra supply of your regular prescription drugs.
- Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- Talk with family members and loved ones about how they would be cared for if they got sick or what will be needed to care for them in your home.
- Volunteer with the Health Department's Volunteer Medical Corps or Emergency Management to prepare and assist with emergency response.
- Get involved in your community as it works to prepare for an influenza pandemic.
- Check in on your elderly and/or disabled neighbors.

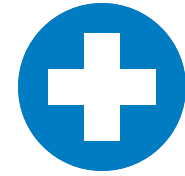
## To limit the spread of germs and prevent infection:

- Teach your family to wash their hands frequently with soap and water, and model the correct behavior.
- Teach your family to cover coughs and sneezes with tissues, and be sure to model that behavior.
- Teach your family the principles of social distancing that include staying away from others as much as possible if they are sick. Be sure to stay home from work or school if you are sick.



## Food and non-perishables to have on hand for an extended stay at home:

- Ready-to-eat canned meats, fruits, vegetables, and soups
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter or nuts
- Dried fruit
- Crackers
- Canned juices
- Bottled water—1 gallon per person per day
- Canned or jarred baby food and formula
- Pet food and bowls
- Manual can opener
- Garbage bags
- Tissues, toilet paper and disposable diapers
- Cash



## Medical, health, and emergency supplies to have on hand for an extended stay at home:

- Prescribed medical supplies (glucose and blood-pressure monitoring equipment, etc.)
- Soap and water, or alcohol-based hand wash
- Medicines for fever (acetaminophen, ibuprofen, etc.)
- Thermometer
- Antidiarrheal medication
- Vitamins
- Fluids with electrolytes
- Cleansing agent/soap
- Flashlight
- Batteries
- Portable radio