



CHEROKEE COUNTY HEALTH DEPARTMENT

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Whether they come from a pandemic flu, a chemical spill, or a natural disaster such as hurricanes and tornados, disasters happen. **During a disaster it is very possible that you will be on your own, without assistance from local, state, or national authorities.** Your survival may depend on how prepared you and your family are. Families that have taken the suggested steps will be at an advantage. **Be prepared for failure of water, electric, sewer, and telephone services.**

Now is the time to create your family emergency plan. Below is a list of supplies to assemble and ideas to help you prepare for a disaster before it happens.

1. Meet with family members and discuss how to respond to each disaster that can occur.
2. Pick two meeting places, one near your home and one outside of your neighborhood in case you can not return home after a disaster.
3. Develop your family plan.
4. Assemble your supplies.
5. Be able to quickly gather family records, such as birth certificates, insurance policies, and shot records and place in waterproof container in case of evacuation.
6. Find out about emergency plan at your workplace and your children's school or day care center.
7. If you have elderly family member in a nursing or retirement home, find out about their emergency plan.
8. Consider how you can help neighbors who have special needs, such as elderly or disabled.

Food & Water

- A supply of water (one gallon per person per day) Your pets will also need a supply of water
- Ready-to-eat canned meats, fish, fruits, vegetables, beans, and soups
- Protein or fruit bars, dry cereal, granola
- Cooking oil
- Peanut butter, nuts
- Crackers
- Dried fruit
- Canned & bottles juices, powdered milk
- Salt, sugar
- Dried beans, rice
- Other non-perishable foods your family likes
- Baby food & formula
- Pet food

Medical, Health, & Emergency Supplies

- Medical supplies such as glucose & blood pressure monitoring devices, insulin syringes, alcohol prep pads
- Prescription medications
- Non-prescription medications such as pain/fever reliever, stomach remedies, cold/flu medications
- Multi- vitamins
- First aid kit
- Thermometer
- Extra eyeglasses, contact lens and cleaning solution
- Fluids with electrolytes: pedialyte and gatorade
- Hand soap and 70% alcohol based hand sanitizer
- Unscented liquid chlorine bleach
- Flashlights with batteries or shakable LED flashlight
- Portable radio with batteries or hand-crank radio
- Extra batteries
- Tissue, toilet paper, paper towels, garbage bags, disposable diapers, feminine hygiene products
- Disposable plates, cups, napkins, plastic ware
- Manual can opener
- Matches and candles
- Blankets or sleeping bags
- Special items needed for infants, elderly, or disabled family members
- List of prescription medications, doctors names and numbers
- A list of family/friends contact numbers
- Hygiene supplies
- Money in small bills

Other Items for Pandemic Flu

- Supply of medical face masks
 - Supply of plastic gloves
- These item might help reduce transmission of flu if you are taking care of an ill person or if you have to go out in public.