



## PANDEMIC INFLUENZA EMERGENCY SUPPLIES KIT

To plan for a pandemic, create **at least a 2 week supply** kit of the following supplies:

<ul style="list-style-type: none"><li>■ Water –<b>at least</b> 1 gallon per person, per day (bottled water)</li><li>■ Food - Ready-to-eat canned meats, fish, fruits, vegetables, beans, and soups Examples include:<ul style="list-style-type: none"><li>▶ Protein, granola or fruit bars</li><li>▶ Dry cereal or granola</li><li>▶ Peanut butter or nuts</li><li>▶ Dried fruit</li><li>▶ Crackers</li><li>▶ Broth</li><li>▶ Applesauce</li><li>▶ Protein powder</li><li>▶ Canned juices</li><li>▶ Canned milk</li><li>▶ Canned or jarred baby food/formula</li></ul></li><li>■ Pet Food/Supplies – Don't forget about at least a 2 week supply for your animals as well</li><li>■ Baby Supplies<ul style="list-style-type: none"><li>▶ Diapers</li><li>▶ Wipes</li><li>▶ Bottles</li><li>▶ Diaper Cream</li><li>▶ Extra toys</li></ul></li><li>■ Paper towels, toilet paper, and facial tissue</li><li>■ Feminine hygiene supplies</li><li>■ Dental supplies<ul style="list-style-type: none"><li>▶ Toothbrush</li><li>▶ Toothpaste</li><li>▶ Floss/Mouthwash</li></ul></li><li>■ Surgical masks</li></ul>	<ul style="list-style-type: none"><li>■ Medicine cabinet<ul style="list-style-type: none"><li>▶ Medicines for fever, such as acetaminophen or ibuprofen</li><li>▶ Anti-diarrheal medicine</li><li>▶ Vitamins</li><li>▶ Prescription medicine – ensure a continuous supply</li><li>▶ Cough suppressants</li><li>▶ Throat lozenges</li><li>▶ Antihistamines</li></ul></li><li>■ First-Aid Kit<ul style="list-style-type: none"><li>▶ Thermometer</li><li>▶ Antibiotic ointment</li><li>▶ Adhesive bandages – different sizes</li><li>▶ Latex gloves</li><li>▶ 2 and 4-inch sterile gauze pads</li><li>▶ Antiseptic</li><li>▶ Scissors and tweezers</li><li>▶ Moistened towelettes</li><li>▶ 2 and 3-inch sterile rolled bandages</li></ul></li><li>■ Bags<ul style="list-style-type: none"><li>▶ Garbage</li><li>▶ Disposable, sealable plastic</li></ul></li><li>■ Manual can opener</li><li>■ Cleaning agents<ul style="list-style-type: none"><li>▶ Soap</li><li>▶ Disinfectant spray</li><li>▶ Hand sanitizer – alcohol based</li></ul></li><li>■ Flashlights and extra batteries</li><li>■ Important family documents</li><li>■ Contact information for neighbors, family members, doctors, and friends</li></ul>
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\*\*\*This list is a recommended starting point only for developing a pandemic influenza emergency supplies kit. For further information, please see [www.pandemicflu.gov](http://www.pandemicflu.gov).