

**Whenever you go to the store,
buy one more!**

Your emergency supply kit should include:

- Water for 3 days (1 gal/per person/per day)



- Two-week supply of food
- Canned meats/fish/fruits/vegetables
- Peanut butter/crackers
- Dried rice/beans/pasta

- Baby food
- Pet food



- Prescription medicines
- Pain reliever



- Hand sanitizer/soap
- Stomach remedies



- Feminine hygiene products
- Diapers
- Batteries



For More Information

Local Resources

www.UtahCountyHealth.org

Utah Resources

www.pandemicflu.utah.gov

www.wildlife.utah.gov

www.ag.utah.gov

U.S. Resources

www.pandemicflu.gov

www.cdc.gov

www.usda.gov

Utah County Health Department



"creating healthy communities"

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Pandemic Influenza



Utah Prepares

Bird Flu (Avian Influenza - H5N1)



H5N1 is a virus that is killing large numbers of birds and a few people in other parts of the world.

- H5N1 has been found in Europe, Africa, and Asia.

Bird flu is mainly a disease in birds.

- Bird flu has been found in wild birds.
- Bird flu has been found in domestic birds such as chickens and ducks.
- The birds can look normal and still be infected.

Bird flu is hard for people to catch.

- Very few people have ever caught bird flu.
- Most people who get bird flu have close contact with infected birds
 - usually their droppings and blood.
- Bird flu does not spread easily from one person to another.
- You can't get bird flu from eating cooked chicken or turkey.

There is no bird flu in the U.S.

- No people have bird flu.
- No birds have bird flu.

Pandemic Influenza



Pandemic influenza is not bird flu.

- Pandemic influenza is a disease in humans.
 - It would be a new disease.
 - It would spread easily from one person to another.
 - It could be mild, moderate, or very severe.
 - There is no pandemic vaccine (flu shot) at this time.
- If the disease is severe:
 - You may be asked to stay home if you are sick.
 - Schools, churches, and large gatherings (such as sporting events) may be cancelled.
 - Stores may be closed and food and water may be hard to find.
 - Health care will be different than it is now.

There is no pandemic influenza anywhere in the world at this time.

Preparing for a Pandemic



Be informed.

- Go to www.pandemicflu.utah.gov.
- Watch the news for regular updates.

Talk to people.

- Tell your family about this disease.
- Talk about ways to prevent disease such as:
 - Cover your coughs and sneezes.
 - Wash your hands often.
 - Stay away from others when you are sick.
- Talk about how you will stay in touch with families and friends.

Have a plan.

- Stock up on supplies for an emergency (see next page)
- Make a list for every member of your family of the following items:
 - Current medical problems.
 - Drugs that you take (how much and how often).
 - Allergies (especially to drugs).