

Preparing to Stay Home

In case of a flu pandemic or other emergency, you and your family may have to stay home for several days, weeks, or even longer. Prepare now by beginning to store enough food, medical supplies, and other supplies for each person in your household. Every time you go grocery shopping, pick up a few extra items on sale. You don't have to do it all at once!



To get started:

- Check your house for supplies you already have on hand.
- Decide where you will store supplies.

Items to Store	Date Started	In Progress	Date Completed	Six Month Expiration Date Check
Food, such as:				
• ready-to-eat meals that need only a little water or cooking to prepare				
• canned meats, fruits, vegetables, and soups				
• protein or fruit bars				
• dry cereal or granola				
• peanut butter or unsalted nuts				
• dried fruit				
• low-salt crackers				
• canned juices				
• bottled water (one gallon of water per person per day—two quarts for drinking and two quarts for preparing food and staying clean)				
• plain bleach and medicine dropper <ul style="list-style-type: none"> • to purify water for drinking, add 16 drops of bleach to one gallon water 				
• foods for special needs (such as cans or jars of baby food and formula, foods for household members with allergies or other conditions)				
• favorite foods				
• food for pets (if you have them)				
• manual can opener (non-electric)				
Medical Supplies				
• prescribed medications (such as asthma inhalers and heart medication)				
• medical supplies (such as glucose and blood-pressure monitoring equipment)				
• medicines for fever and pain relief				
• supplies to clean and disinfect wounds				
• thermometer				
• anti-diarrhea medication				

Preparing to Stay Home, continued

Items to Store	Date Started	In Progress	Date Completed	Six Month Expiration Date Check
Medical Supplies, continued				
<ul style="list-style-type: none"> • fluids with electrolytes that help you if you get dehydrated, for people age 12 or older Electrolyte drink recipe: <ul style="list-style-type: none"> • 1 quart of drinking or boiled water • 1/4 teaspoon baking soda • 1/4 teaspoon table salt • 2 tablespoons of sugar Mix well until the salt and sugar dissolve. Add lemon juice for flavor, if desired. <i>(Note: If you don't have baking soda, add another 1/4 teaspoon of salt.)</i>				
Sanitizing solution: <ul style="list-style-type: none"> • plain bleach and 1/4 cup measuring cup Add 1/4 cup of bleach to one gallon water. Label container, "sanitizer." <i>Do not use for drinking.</i>				
Emergency Supplies				
• soap/water				
• alcohol-based hand cleaner				
• flashlight, extra batteries				
• portable radio (non-electric)				
• camp stove and fuel				
• sanitary napkins, tampons				
• plastic garbage bags with ties				
• tissue, toilet paper, disposable diapers				
Home Entertainment Supplies				
• books				
• board games				
• playing cards				
• arts and crafts supplies				
• gear for yard games (such as soccer ball, baseball and mitts, basketball, jump rope)				
Emergency Contacts				
• health care provider				
• friends				
• family				
• neighbors				
• work				
• pharmacy				
• child care				
• school				