

ARE YOU READY for a possible pandemic?

Here are simple steps that you can take now to help protect yourself and your family for an emergency, including an infectious disease outbreak.

Plan. Start with answering a few simple questions.

- Where can you store water, food, and general supplies?
- What special needs to you and family members, including pets, have?
- How will you contact other family members or others to let them know you are okay or that you need assistance?

Prepare. Put together items that you may need to have on hand for an extended stay at home.

- Water.
- Non-perishable food items, such as dried fruit, dried beans/peas, rice, crackers, canned or bottled juices, peanut butter or nuts, canned meats, and canned fruits and vegetables.
- Medical and health supplies, such as prescription medications and equipment, soap and water, vitamins, and thermometer.
- General supplies, such as flashlight, batteries, portable radio, manual can opener, garbage bags, and toilet paper.
- Personal items, such as toothpaste, shampoo, and deodorant.

Practice. Practice ways to limit the spread of germs and prevent infection.

- Wash Your Hands.
- Cover Your Cough.
- Stay at Home, when ill or told to do so.

Stay Informed.

- Get involved in your community as it works to prepare for an influenza pandemic.
- Volunteer with local groups to prepare and assist with emergency response.
- Watch local websites and newspapers for community information.

Resources

- www.pandemicflu.gov
- www.mdhflu.com
- The websites of the agencies/organizations listed below will also provide you with information on preparing for emergency situations.

The above information is provided by the Sherburne County Are You Ready Workgroup: Sherburne County Sheriff's Department-Emergency Management, Sherburne County Public Health Department, Becker Police Department, Big Lake Police Department, Elk River Police Department, Caring Rivers United Way, American Red Cross, Salvation Army, Fairview Northland Hospital, USDA-Farm Service, Elk River Star News, West Sherburne Tribune, and community volunteers.

For more information on the Sherburne County Are You Ready Workgroup, contact Marcia Engvall at Sherburne County Public Health Department 763-241-2750 or 1-800-433-5237.