

Before and During a Pandemic

Before a Pandemic

- Store a two-week supply of water and food.
- Periodically check your regular prescription drugs to ensure a continuous supply in your home.
- Have any non-prescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes and vitamins.
- Get copies and maintain electronic versions of health records from doctors, hospitals, pharmacies, and other sources and store them, for personal reference.
- Talk with family members and loved ones about how they would be cared for if they got ill, or what will be needed to care for them in your home.

During a Pandemic

Limit the spread of germs and prevent infection:

- Avoid close contact with people who are unwell.
- When you are ill, keep your distance from others to protect them from getting ill too.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from becoming unwell.
- Washing your hands often will help protect you from germs.
- Avoid touching your eyes, nose or mouth.
- Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

<https://www.ready.gov/pandemic>