

In Case of a Flu Pandemic: Additions to Your Emergency Supply Kit for Home

We should all have a kit at home to reduce our reliance on others in an emergency. Download the [Personal Emergency Kit Checklist and the Make a Plan brochure](#) and get started on your home emergency kit.

Getting Ready For Pandemic Flu

It is impossible to predict when a flu pandemic will occur or, once it starts, how severe it will be and who will be most affected. What is known is that a flu pandemic will place great pressure on Ontario's health system, resulting in delays and even the cancellation of some health services.

It will also affect businesses, schools, and other services as people become ill and stay home. Schools and businesses may close, sporting events could be cancelled, and transportation could be limited in an effort to control the spread of the disease. It is therefore important that you prepare yourself in case you have to remain in your home for several days to protect yourself and others from being infected with the virus are caring for a sick family member or are sick yourself.

Emergency Supplies

- Alcohol-based hand sanitizer containing between 60-90 per cent alcohol;
- Medicines for headache, cough, and fever, such as acetaminophen (Tylenol®) or ibuprofen (remember that acetylsalicylic acid (ASA) should not be given to those under 18);
- Thermometer;
- Anti-diarrheal medication;
- Fluids with electrolytes, such as sports drinks.

Note: Preparing an emergency supply kit should form part of your planning for dealing with a flu pandemic.

For More Information

Visit our website at www.health.gov.on.ca/pandemic

INFOline 1-866-801-7242

TTY 1-800-387-5559