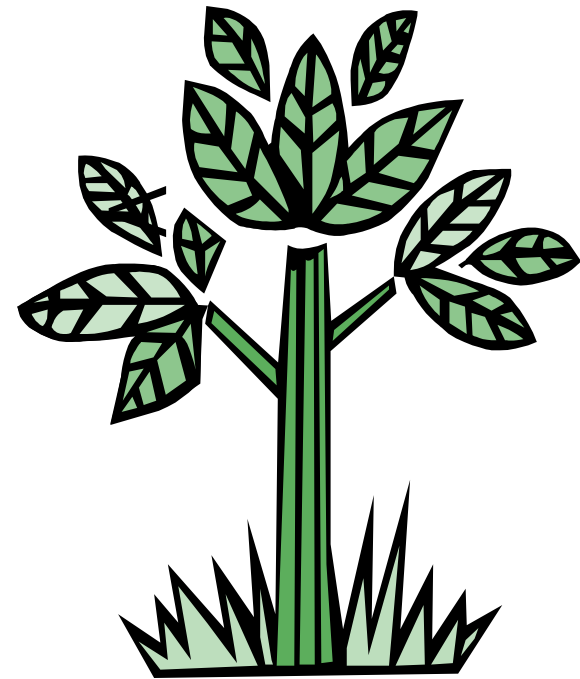




'Be Well'

Are you and your
family ready for a
Pandemic?



A Guide for the
Beausoleil First Nation
Community

Public Safety and Emergency Preparedness Canada
2 Bloor Street East
Suite 2102
Toronto, Ontario
M4W 1A8
Tel: 1-416-952-0452
Toll Free Tel: 1-877-302-6272
Fax: 416-952-0483
www.psepc.gc.ca

Canadian Centre for Emergency Preparedness
860 Harrington Court
Suite 211
Burlington, Ontario
L7N 3N4
Tel: 905-331-2552
Fax: 905-331-1641
www.ccep.ca

The World Health Organization
<http://www.who.int/en/>

Health Canada
http://www.influenza.gc.ca/index_e.html

SOURCES

www.emergencymanagementontario.ca
www.redcross.org/services/disaster/beprepared
www.mpss.jus.gov.on.ca/english/pub_security/EMO/esk.html
www.federalemergencymanagementagency.ca
www.redcross.org/preparedness/cdc_english/FoodWater.asp
www.psepc.gc.ca
www.ccohs.ca
www.colgate.com

Beausoleil Family Health Centre would like to say ‘Thank-you, Miig-wetch’ to the Six Nations Health Centre for generously allowing us to revise and reproduce their version of this guide in order to help us help you to be personally prepared.

What is being done at Beausoleil First Nation to prepare for a pandemic? There are several activities that are occurring to help prepare community members at Beausoleil First Nation for a pandemic. These include:

- A fully comprehensive Pandemic Influenza Plan has been completed in draft form to accompany the Beausoleil First Nation Emergency Plan
- Beausoleil First Nation Emergency Plan has been reviewed and revised.
- We are presently in the process of hiring an Emergency Preparedness Planner to assist in completing this process.
- On-going community information sessions will continue to take place to keep you informed regarding the Pandemic Influenza Plan.
- “Self Care Packages” were distributed to each household on reserve in the fall of 2005.
- School-based “Influenza-like Illness” surveillance system will be implemented in schools and daycares at Beausoleil First Nation beginning in September 2006.
- Surveillance of Communicable Diseases, which is a mandated program by the Simcoe Muskoka District Health Unit.
- Annual Influenza Immunization Program, which is offered to all community members.
- Population statistics according to Band Membership and the First Nations Health Information System have been forwarded and submitted to First Nations Inuit Health Branch-Ottawa for the amount of vaccine needed for the Beausoleil First Nation community when it becomes available.
- Information sessions have been and will continue to be provided to requesting organizations.

The following information in this self care and emergency preparedness booklet is designed to provide you and your family with relevant and important information regarding “How To Be Prepared At Home For An Emergency” should one arise in our community. This booklet has been developed and provided to you by the following organizations: **Beausoleil Family Health Centre, in collaboration with Six Nations and First Nations & Inuit Health Branch-Ottawa.**

What can I do at home to prepare for a pandemic? There are several things that you can start to do - or continue with, if you are already practicing them at home. These include:

- **Incorporating healthier lifestyles into your daily life.** This would include eating healthy nutritious foods, getting adequate sleep and rest and exercising. These activities will help to ensure that your body is healthy and help to boost your immune system. This would help enable your body to fight off serious illnesses or diseases.
- **Getting your annual Flu vaccination.**
 - If you are sick with the flu, you should be staying home from work to help protect your coworkers and fellow employees.
 - If your child(ren) are sick, they should be staying home from school.
- **Practice good hand washing techniques.** Hand washing is the single most effective way to prevent the spread of infections. You can pick up germs when you touch contaminated objects or surfaces and then touch your face, mouth, eyes and nose. Good hand washing techniques include:
 - Using an adequate amount of soap and warm water,
 - Rubbing the hands together to create friction (making sure to rub between fingers and under nails),
 - Lather up for 20 seconds (equivalent to singing 2 “Happy Birthday” songs-good teaching technique for children)
 - and rinsing well under running water and drying hands thoroughly.Hand washing with a waterless hand scrub:
 - Apply gel to palm of one hand.
 - Rub hands together, covering all surfaces of hands, fingers, wrists and forearms. Ensure enough gel is used to cover all surfaces.
 - Rub into hands until dry (approximately 30-60 seconds)**Waterless hand scrubs (alcohol based gels) are not effective when hands are heavily contaminated with dirt, blood, or other organic materials.** When there is visible soiling, hands should be washed with soap and water. If there is no soap and water available, use a damp cloth or towelette containing detergent on your hands first, followed by a waterless hand scrub.

If you would like additional information or have any questions/concerns regarding the information in this package please call:

Mary Paillé
Community Health Nurse
Beausoleil Family Health Centre
247-2012 x 25

Additional information can also be obtained at:

Canadian Red Cross
Ontario Zone
Mississauga, Ontario
L5R 3E9
Tel: 905-890-1000
Fax: 905-890-1008
www.redcross.ca

Emergency Management Ontario
Ministry of Community Safety and Correctional Services
18th Floor
25 Grosvenor Street
Toronto, Ontario
M7A 1Y6
Tel: 416-326-5010
Fax: 416-325-6067
www.mpss.jus.gov.on.ca

Ministry of Health
INFOline: 1-800-268-1154
Hours of Operation: 8:30 am to 5:00 pm
www.health.gov.on.ca

Public Health Agency of Canada
Ontario Zone
25 St. Clair Avenue East
4th Floor
Toronto, Ontario
Tel: 416-973-4389
Toll Free Tel: 1-866-999-7612
Fax: 416-973-1423
www.phac-aspc.gc.ca

CLEANING PROCEDURE FOR COMMON ITEMS

Surface/Object	Procedure	Special Consideration
Horizontal surfaces such as tables, work counters	Thorough daily cleaning and as required with a water and detergent solution followed by use of a hospital grade disinfectant Clean when soiled Clean between clients/patients and after discharge Special procedures sometimes called carbolizing are not necessary.	
Walls, blinds, curtains	Clean daily and as splashes/visible soil occur with water detergent solution, then disinfect with a low-level disinfectant.	
Floors	Thorough daily cleaning Clean when soiled Clean between patients/clients and after discharge Damp mopping preferred	
Carpets/Upholstery	Vacuum daily and shampoo as necessary	Detergent is adequate in most areas Clean blood/body fluids spills with disposable cloths; clean the area with a detergent solution followed by a low level disinfectant
Toys	Clean daily, disinfect with a low level disinfectant, thoroughly rinse, and dry between clients	Toys should be smooth and non-porous, not plush) to facilitate cleaning and decontamination. Do not use phenolics (carabolics) or any cleansers that are considered toxic.
Toilets	Thorough daily cleaning Clean with a detergent solution when soiled, followed by a low level disinfectant	These may be the source of enteric pathogens (illnesses in the bowels) such a Clostridium. difficile and Shingella

You should be washing your hands:

- When hands are visibly soiled
 - After using the washroom (includes changing diapers)
 - After blowing your nose or sneezing in your hands
 - Before and after eating, handling food, drinking or smoking
 - After touching raw meat, poultry or fish
 - After handling garbage
 - Before visiting or caring for sick people
 - After handling pets, animals and animal waste
- **Have a plan at home for stockpiling food, water and an emergency survival kit** (this is covered in greater detail later in this package).
 - **Start thinking about your own personal plan for your family and loved ones during a pandemic.** Communicate with them what needs to be done and who is going to do what.
 - **Discuss and agree on a home base.** Where will family members be staying and will they have enough food, water and essential materials where they will be staying.
 - **Remember to plan for your pets.** Pets can be valuable and loved members of your family - they also need to be included in your emergency personal plan. You will need to think about their food and water needs during this time.

Emergencies or disasters, whether they are natural or human-caused can strike at any time. If this were to happen in our community, residents may not have access to food, water and electricity for days or even weeks.

By taking steps now to have a personal family emergency plan and to store emergency food and water supplies, along with an emergency supply kit, you can help minimize the stressful affect of any such disaster or emergency on your family.

Emergency planning for your family covers 5 basic steps. These include:

1. Identifying the Risks

Knowing the risks will help you better plan for them. You may find it helpful to prepare a list of the risks you are most likely to face and think about how they might affect your family. Here are some of the possibilities:

NATURAL PHENOMENA

Pandemic Influenza
Floods
Forest Fires
Earthquakes
Storm surges
Tornadoes, hurricanes and blizzards
Hail and lightning
Landslides
Freezing rainstorms

TECHNOLOGICAL FAILURES OR DELIBERATE ACTS

Plane crashes, ferry sinking
Power outages
Toxic chemical spills or fumes
Terrorism explosions
Biological, radiological or nuclear incidents

You can find out about the most common risks in our region by consulting the Canadian Disaster Database and the Natural Hazards of Canada map at www.pcepc.gc.ca on the net.

2. Prepare your Family Emergency Plan

It's important to have a family emergency plan in place **before** an emergency or disaster strikes. Being prepared and having a plan in place will help eliminate or decrease the amount of confusion, fear and stress that family members may feel.

“Knowing the risks will better help you plan for them”

2. Remove all non-essential furniture; the remaining furniture should be easy to clean
3. Keep the person's personal belongings to a minimum; keep water pitcher and cup, tissues, and all items necessary for attending to personal hygiene within the person's reach
4. Collect any linens as needed and keep in the room
5. Set up hand basin with suitable supplies for hand washing in the room
6. Person should have their own thermometer in the room
7. Keep supply of cleaning and disinfection solutions inside the room. Thorough daily cleaning of their room is important in the prevention of cross infection.
8. Set up hand basin with suitable supplies for hand washing just outside the isolation area/room with container for soiled linens and garbage can with lid.
9. Wash hands before and after leaving area/room. Also, before and after providing any direct bedside care.
10. Gloves, gown and mask would be ideal to protect the caregiver; proper hand washing is essential.

CLEANING AND DISINFECTING SURFACES AND EQUIPMENT

The influenza virus survives well in the environment—for 24 to 48 hours on hard non-porous surfaces, for 8—12 hours on cloth, paper and tissue, and for 5 minutes on hands—and can be transmitted through contaminated surfaces and objects. Careful vigorous cleaning of environmental surfaces is effective in removing many contaminants.

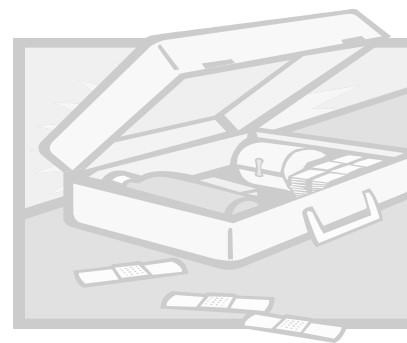
- Anything that touches a person's intact skin should be clean.
- Be sure to clean equipment and surfaces (e.g., desks, arm rests, bedside tables etc.) contaminated with secretions from people suspected or confirmed to have influenza before using them for someone else.
- Always clean shared equipment between uses.
- Promptly clean items that are visible soiled.
- Handle soiled items in a way that prevents exposure of skin and mucous membranes and contamination of clothing and the environment. Use a garbage can that has a lid and/or foot pedal.
- Clean surfaces that are frequently touched (e.g., door knobs, handles, etc.) at least twice daily and as needed. Clean them after use if known to be contaminated
- Store all supplies in a clean dry area.
- No special handling of waste contaminated with secretions from patients with suspected or confirmed influenza is required.

CLEANING AND DISINFECTION

Most viruses are inactivated by 70% alcohol and by chlorine, therefore cleaning of environment surfaces, such as counter tops, tables, doorknobs etc. with a neutral detergent such as Mr. Clean, Pinesol, etc. followed by a disinfectant solution if recommended (see Table 1)

Disinfectants	Recommended Use	Recommended Dilution	Precautions
Bleach (5.25 to 6.0% Sodium Hypochlorite as its only active ingredient) Solution to be diluted in clean water	1. Disinfection of material contaminated with blood and body fluids water.	Use concentrations ranging from 1 part bleach to be mixed with 99 parts of tap water (1:100) or one part of bleach to be mixed with 9 parts of tap water (1:10), depending on the amount of organic material (e.g. blood or mucous) present on the surface to be cleaned and disinfected	Should be used in well-ventilated areas Protective clothing required while handling and using undiluted Do not mix with strong acids to avoid release of chlorine gas Corrosive to metals
	2. To add to laundry	One part (one 8 oz. cup) of bleach to be mixed with about 500 parts (28 gallons) of tap water	
	3. Surface Cleaning Soaking of glassware or plastic items	One part (one 8 oz. cup) to be mixed with about 50 parts (2.8 gallons) of tap water Use as provided	Flammable, toxic, to be used in well-ventilated areas, avoid inhalation. Keep away from heat sources, electrical equipment, flames, hot surfaces. Allow it to dry completely, particularly when using diathermy as this can cause diathermy burns.
Alcohol(70%) Isopropyl, ethyl alcohol, methylated spirit.	Smooth metal surfaces, tabletops and other surfaces on which bleach cannot be used.		

- Assemble your Emergency Kits**
Having essential items on hand will be a great comfort in an emergency. Ensure that you cover all areas. These include **food, water, survival kit, sanitary supplies, tools, clothing and bedding, special consideration items and pet supplies.** Your kits can either be big or small depending on your needs and the season. Some items within your kit need to be regularly rotated throughout the year. Mark all food and water items with the date of being stored.
- Check Emergency Plans**
You should be aware and knowledgeable about emergency plans within your community. Know the plan and ask questions! i.e. Do you have a role in the plan? Is there an evacuation plan for your community? Is there an alternate work site in case of emergencies? Do you have to report to work in an emergency? Will my children be going to school during an emergency? Keep important numbers-including fire, police and ambulance near your telephone. It is very important to become familiar with your community's emergency plan.
- Practice as a family at least once a year and review your plan once a year**
An emergency can happen anytime, anywhere. Practice and being prepared often helps people feel less disorientated and better organized when an emergency does happen. Updating your plan and checking the contents of your emergency kit will help to eliminate outdated material and resources.



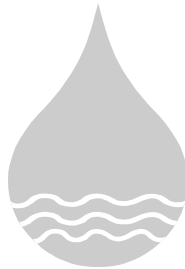
WATER SUPPLY

In any such emergency, having an ample supply of clean water is a top priority, for drinking, food preparation and hygiene.

- Current recommendation is to store at least **4 litres of water per person and pet per day**, 2 for drinking and 2 for food preparation, hygiene and dish washing. ****A** hot environment and intense physical activity can dramatically increase the amount of water that a person needs to drink.
- Current recommendation is to store at least a two-week supply of water for each member of your family.
- Take into consideration that children, nursing mothers and ill people will need even more water.
- Take into consideration that you will also need water for food preparation and possibly hygiene.
- If supplies run low, never ration water, drink the amount you need today and try to find more for tomorrow.
- You can minimize the amount of water your body needs by reducing activity and staying cool.

HOW AND WHERE TO STORE WATER

- In a cool, dark place in your home, each vehicle and your workplace.
- Preferably in store-bought, factory sealed water containers
- Alternately, in food-grade quality containers made for storing water and available from sporting goods and surplus stores and other retailers. These containers must be thoroughly washed, sanitized and rinsed, and the water you store in them, if it's from your tap, may need to be treated before being stored. Ask the Simcoe Muskoka District Health Unit or water provider for information on whether and how to treat the water. Follow those instructions.



WAYS TO MAKE OUTDOOR WATER SAFER

***These instructions are NOT for treating water to be stored, only for emergencies when no other water is available.**

Modern quarantine is used in combination with other public health tools, such as:

- Enhanced disease surveillance and symptom monitoring.
- Rapid diagnosis and treatment for those who fall ill.
- Preventive treatment for quarantined individuals, including vaccination or prophylactic treatment, depending on the disease.

****Implementation of modern quarantine requires the trust, participation and cooperation of the public, who must be informed about the dangers of contagious diseases subject to quarantine before an outbreak or pandemic actually occurs.**

ISOLATION

Isolation would last for the period of communicability of the illness, which varies by disease and the availability of specific treatment. Usually it occurs at a hospital or other health care facility or in the person's home. Typically, the ill person will have his or her own room and those who care for him or her will wear protective clothing and take other precautions, depending on the level of personal protection needed for the specific illness.

In most cases, isolation is voluntary, however provincial and local governments may have authority to require isolation of sick people to protect the public and community members.

ISOLATION OF THE SICK IN THE HOME

Persons who become ill with influenza need to be cared for in single rooms to prevent direct or indirect transmission of the virus.

This can be a challenge in the home where there maybe inadequate resources.

The following guidelines are to be followed:

1. Place sign on door "ISOLATION"
 - There needs to be a door or partition to section off the area from the rest of the home; keep this door closed at all times
 - Nothing can be removed to another area until it has been thoroughly cleaned and disinfected (i.e. dishes, utensils, linens, furniture, etc)

3. **For the duration of the incubation period.** If public health authorities determine that one or more passenger on an airplane, train, or boat are infected with a contagious disease and that passengers sitting nearby may have had close contact with the infected passenger(s), those at risk might be quarantined in a designated facility, observed for signs of illness and cared for under isolation conditions if they become ill.

Quarantined individuals will be sheltered, fed and cared for at home, in a designated emergency facility or in a specialized hospital, depending on the disease and the available resources. They will also be among the first to receive all available medical interventions to prevent and control disease, including:

- Vaccinations
- Antivirals
- Early and rapid diagnostic testing and symptom monitoring
- Early treatment if symptoms appear

QUARANTINE QUICK FACTS

Modern quarantine is used when:

- A person or a well-defined group of people have been exposed to a highly dangerous and highly contagious disease.
- Resources are available to care for quarantined people.
- Resources are available to implement and maintain quarantine and deliver essential services.

Modern quarantine includes a range of disease control strategies that may be used individually or in combination, including:

- Short-term, voluntary home curfew
- Restrictions on the assembly of groups of people (funerals)
- Cancellation of public events
- Suspensions of public gatherings and closing of public places (restaurants)
- Restrictions on travel (air, rail, water, motor vehicle, pedestrian)
- Closure of mass transit systems
- Restrictions on passage into and out of an area

Untreated water can make you very sick. Besides having a bad odour or taste, it can contain toxic chemicals and germs that cause such diseases as dysentery, typhoid and hepatitis. Before drinking outdoor water, using it in food preparation, or for hygiene, you need to make it safe to use.

There are many ways to purify water. There is no method that is perfect but often the best solution is a combination of methods.

Two easy purification methods are outlined below. **These measures will kill most microbes but will not remove other contaminants such as heavy metals, salts and most other chemicals.** Before purifying, let any suspended particles settle to the bottom, or strain them through layers of paper towels, a clean cloth or a coffee filter.

BOILING

Boiling is the safest method of purifying water. **Bring water to a rolling boil for 3-5 minutes**, keeping in mind that some water will evaporate. Let the water cool before drinking.

Boiled water will taste better if you put oxygen back into it by pouring water back and forth between two clean containers. This will also improve the taste of stored water.

DISINFECTION/CLORINATING OF WATER

You can use household liquid bleach to kill microorganisms. Use only regular liquid bleach that contains **5.25 to 6.0 percent sodium hypochlorite** (listed on the label) as its only active ingredient. Do not use scented bleaches, colour-safe bleaches or bleaches with added cleaners.

Add 16 drops (1/8 teaspoon) of bleach per 1 gallon (approximately 3.7843 litres) of water in a large pot or kettle. Let stand for 30 minutes. If the water does not have a slight bleach odour, repeat the dosage and let stand for another 15 minutes. If it still does not smell of chlorine, find another source of water and start over.

*****The only agent used to purify water should be household liquid bleach. Other chemicals, such as iodine or water treatment products sold at camping or surplus stores that do not contain 5.25 percent sodium hypochlorine as the only active ingredient, are not recommended and should not be used.**

DISTILLATION

Distillation involves boiling water and then collecting the vapour that condenses back to water. The condensed vapour will not include salt and other impurities.

To distill, fill a pot halfway with water. Tie a cup to the handle on the pot's lid so that the cup will hang right-side-up when the lid is upside-down (make sure the cup is not dangling into the water) and boil the water for 20 minutes. The water that drips from the lid into the cup is distilled.

****PLEASE REMEMBER that none of these methods are perfect.**

The best solution is to use all of them. Boiling and disinfection/chlorination will kill most microbes but will not remove other contaminants, such as heavy metals, salts and most other chemicals. Distillation will kill or remove most of any remaining contaminants.

AVOID USING

- Store bought water past the expiration or "use by" date on the container.
- Containers that can't be tightly sealed.
- Containers that have ever held any toxic substance.
- Plastic milk bottles and carton. They are difficult to clean and break down over time.

DO

- **Change stored water every six months-you can rotate your supply.**

FOOD SUPPLIES

Even though it is unlikely that an emergency would cut off your food supply for two months, you should prepare a supply that will last that long. The easiest way to develop a two-month stockpile is to increase the amount of basic foods you normally keep on your shelves.

During and after a disaster, it will be vital that you and your household (including your pets) have enough food and eat enough to maintain your health and strength.

For example, they may be asked to remain at home to prevent further potential spread of the illness. They also receive special care and observation for any early signs of the illness.

QUARANTINE

Modern quarantine lasts only as long as necessary to protect the public by:

1. Providing public health care (such as immunization or drug treatment, as required)
2. Ensuring that quarantined persons do not infect others if they have been exposed to a contagious disease.

Modern quarantine is more likely to involve limited numbers of exposed persons in small areas than to involve large number of persons in whole neighborhoods or cities.

The duration and scope of quarantine measures would vary, depending on their purpose and what is known about the incubation period (how long it takes for symptoms to develop after exposure) of the disease-causing agent. Some examples include:

1. **A few hours for assessment.** Passengers on airplanes, trains, boats believed to be infected with or exposed to a dangerous contagious disease might be delayed for a few hours while health authorities determine the risk they pose to the public health. Some passengers may be asked to provide contact information and then released while others who are ill are transported to where they can receive medical attention. There have been a few instances where provincial and public health authorities have imposed a brief quarantine at a public gathering, such as a shelter, while investigating if one or more people may be ill.
2. **Enough time to provide preventive treatment or other intervention.** If public health authorities determine that a passenger or passengers on an airplane, train, or boat are sick with a dangerous contagious disease, the other passengers may be quarantined in a designated facility where they may receive preventive treatment and have their health monitored.

People can be infected with dangerous diseases in a number of ways. Some germs like those causing malaria are passed to humans by animals. Other germs, like those that cause botulism, are carried to people by contaminated food or water. Still others like the ones causing measles are passed directly from person to person. These diseases are called “contagious”.

Contagious diseases that pose a health risk to people have always existed. While the spread of many of these diseases has been controlled through vaccination and other public health efforts, terrorist acts worldwide have raised concerns about the possibility of a biological attack. That makes it important for people to understand what can and would be done to protect the public from the spread of dangerous contagious diseases.

The Centres for Disease Control and Prevention (CDC) is the U.S. government agency responsible for identifying, tracking and controlling the spread of disease. With the help of the **CDC, the World Health Organization and Health Canada-First Nation and Inuit Health Branch**, provincial and local health departments have created emergency preparedness and response plans.

In addition to early detection, rapid diagnosis and treatment with antibiotics or antivirals, their (and our) plans also include the use of two main traditional strategies— **QUARANTINE & ISOLATION** - to contain the spread of illness. These are common health care practices that are used to control the spread of a contagious disease by limiting people’s exposure to it.

The difference between quarantine and isolation can be summed up like this: **QUARANTINE** applies to those who have been exposed to a contagious disease but who may or may not become ill.

ISOLATION applies to persons who are known to be ill with a contagious disease

When someone is known to be ill with a contagious disease, they are placed in isolation and receive special care, with precautions to protect uninfected people from exposure to the disease.

When someone has been exposed to a contagious disease and it is not yet known if they have caught it, they may be quarantined or separated from others who have not been exposed to the disease.

STORAGE TIPS

- Store foods that you eat regularly. **Foods that require no refrigeration and little-to-no preparation are best.** Include vitamin, mineral and protein supplements to ensure adequate nutrition.
- Store enough food for two months. It is better to have extra you can share than to run out. Individuals with special diets and allergies will need particular attention as well as babies, toddlers, ill and elderly people. Nursing mothers may need liquid formula, in case they are unable to nurse. Canned dietetic foods, juice and soups may be helpful for the ill or elderly community members.
- Make sure you have a manual can opener and disposable utensils.
- Open food containers carefully so that, if possible, you can close them tightly after each use.

HOW AND WHERE TO STORE FOOD SUPPLIES

- Keep food in a dry, cool spot, out of the sun if possible.
- Keep food covered at all times.
- Wrap perishable foods such as cookies and crackers in plastic bags and keep them in sealed containers.
- Empty opened packages of sugar, dried fruits and nuts into screw-top jars or airtight cans to keep them fresh and unspoiled.
- Empty opened packages of sugar, dried fruits and nuts into screw-top jars or air-tight cans to protect them from pests.
- Inspect all food for spoilage before use.
- Rotate your stock.— Use foods before they go bad and replace them with fresh supplies dated with ink or marker. Place new items at the back of the storage area and older ones in front.

AVOID

- Canned goods that have become swollen, dented or corroded.
- Fatty, high protein or salty foods when your water supply is low.
- Don’t go out and buy unfamiliar foods to prepare an emergency food supply.

DO

- **Remember to keep your hands clean**, it's one of the best ways to keep from getting sick and spreading germs. If soap and running water are not available, use alcohol based hand gels or wipes to clean hands.
- **Inspect all food for signs of spoilage before use.** Throw out perishable foods, such as meat and poultry that have been left out at room temperature for more than 2 hours.
- **Eat salt-free** crackers, whole grain cereals and canned foods with high liquid content if your water supplies are low.
- **If there's a power outage, eat food in the refrigerator first, the freezer next and lastly from your stored supplies.** In a well-filled well-insulated freezer, foods will usually still have ice crystals in their centers (meaning foods are safe to eat) for at least two days.
- You can use the canned foods, dry mixes and other supplies on your cupboard shelf.
- Buy familiar foods, they are important as they can lift morale and give a feeling of security in a time of stress.

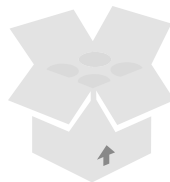
REMEMBER

- **REPLACE YOUR STORED FOOD ON A REGULAR BASIS with fresh supplies, dated on the container..**

THE RECOMMENDED SHELF LIFE OF FOODS IN STORAGE

WITHIN SIX MONTHS USE:

- Boxed potatoes
- Dried fruit (in meal container)
- Dry, crisp crackers (in metal container)
- Powdered milk (boxed)



- It is important to allow them to ask questions and to talk openly and honestly to them about what is happening, . Try to explain the nature of the problem in a way that they will understand, including what is being done to solve the emergency and include what is being done to make them safe (possible isolation or quarantine).
- Never dismiss their fears or anxieties.
- You should try and monitor what they watch on television. News coverage of certain emergency situations can be distressing for children.
- You can reassure them by explaining that everything possible is being done to ensure their safety.

PETS AND EMERGENCIES

Pets are part of our families. During emergency situations, it is important to know how to keep our family pets safe. Supplies should include:

- Food and water supply— two month
- Depending on the pet— specialty items such as cat litter
- Sturdy leashes, harnesses and carriers to transport pets safely and to ensure that your pets cannot escape. A carrier should be large enough to stand comfortably, turn around and lie down. Blankets or towels for bedding inside the carrier.
- Pet toys
- Current photo and descriptions of your pets to help identify them in case you and your pet become separated.
- All medical information pertaining to your pet.



POSSIBILITY OF QUARANTINE AND ISOLATION

The main goal and primary focus if we were faced with a pandemic would be to control and prevent the spread of the contagious disease. This would be accomplished through quarantine and isolation.

SPECIAL ITEMS

- Medications (both prescription and non-prescription) that you take including pain relievers, stomach remedies, etc. (Ask your physician or pharmacist about storing/stockpiling prescription medications)
- Extra eyeglasses
- Important family documents (in a waterproof portable container)
 - Will, insurance policies, contracts, bonds
 - Passports, immunization records
 - Bank account numbers
 - Credit card account numbers and companies
 - Inventory or valuable possessions/household goods/important telephone numbers
 - Family records (copy's of birth & marriage certificates, status cards)
- Entertainment— games and books
- Supplies for persons with special needs such as infant, elderly, disabled persons or anyone with a serious allergies (including special foods, denture items, hearing aid batteries, prescription and non-prescription medications that are regularly used, inhalers and other essential equipment, diapers, formula, bottles, pacifiers)
- Supplies for your pet(s)-food, cat litter
- Money-cash, traveler's cheques
- Communication kit (paper, pens, stamps)

CHILDREN AND EMERGENCIES

During an emergency it is important to remember that your children will look to you for guidance and comfort.

Remember that:

- Children follow their parent's/caregiver's lead— the more calm you are, the more calm they will be.

WITHIN ONE YEAR USE:

- Canned, condensed meat and vegetable soups
- Canned fruits, fruit juices and vegetables
- Hard candy and canned nuts
- Jelly
- Peanut butter
- Ready to eat cereals and uncooked instant cereals (in metal container)
- Vitamins

INDEFINITELY:

(when stored in proper containers and conditions)

- Baking powder
- Bouillon products
- Dried corn
- Dry pasta
- Instant coffee, tea and cocoa
- Non-carbonated soft drinks
- Vegetable oils
- Salt
- Soybeans
- Wheat (for bread making)
- White rice
- Powdered milk (in nitrogen-packed cans)

WHEN FOOD SUPPLIES ARE LOW

If activity is reduced, healthy people can survive on half of their usual food intake for an extended period and without any food for many days although this is not your ideal situation.

Food, unlike water, may be rationed safely, **EXCEPT** for children, pregnant women, elderly and ill community members.

If your water supply is limited, try to avoid foods that are high in fat and protein and don't stock salty foods, since they will make your thirsty. Try to eat salt-free crackers, whole grain cereals and canned foods with high liquid content.

SPECIAL CONSIDERATIONS

As you stock food, take into account your family's unique needs and tastes. Try to include foods that they will enjoy and that are also high in calories and nutrition. Foods which require no refrigeration, and little-to-no preparation are always best.

Individuals with special diets and allergies will need particular attention as will babies, toddlers and elderly people.

ADDITIONAL SUPPLIES/TOOLS TO INCLUDE IN YOUR EMERGENCY PREPAREDNESS KIT

The emergency preparedness kits are designed to be the basis for some of the supplies that may be needed to have available when an emergency or disaster happens. While the materials included in the kit are a good start, there is no kit that will provide all the supplies that individuals may need in an emergency. *Your kit should be customized based on your own personal needs.* Additional contents could include:

SANITATION

- Toilet paper
- Paper towels
- Bar soap, liquid detergent
- Toothpaste/toothbrushes
- Contact lenses and supplies
- Shampoo/conditioner
- Deodorants
- Combs/brushes
- Feminine supplies
- Plastic garbage bags, ties
- Hand sanitizer
- Household chlorine bleach
- Plastic bucket with tight lid

CLOTHING AND BEDDING

- At least one complete change of clothing and footwear per person
- Sturdy shoes or work boots
- Rain gear
- Blankets or sleeping bags
- Hat and gloves
- Thermal underwear

TOOLS AND SUPPLIES

- Flashlight and extra batteries
- Paper cups, plates and plastic utensils
- Manual can opener
- Tape
- Matches in waterproof container
- Needles/thread
- Aluminum foil
- Plastic wrap
- First-aid kit (freshly stocked)
- Whistle
- Candles and matches/lighter
- Battery operated radio and extra batteries
- Shut-off wrench (to turn off household propane gas and water)
- Medicine dropper
- Plastic storage containers
- Knife or razor blades
- Garden hose for siphoning and firefighting
- Heavy gloves for clearing debris
- Camping stove for outdoor cooking (Caution: before using fire to cook, make sure there are no gas leaks: never use charcoal indoors)
- Tool kit including a screwdriver, pliers and a hammer
- Coil of ½ " rope
- Plastic tape, staple gun and sheeting for window replacement
- Bicycle(s)
- Map of areas

