

H1N1 Preparedness

Medical History

To avoid confusion and time delays when it comes to supplying medical history for vaccinations, create a family emergency health plan by creating a chart of the following information for all family members:

- Blood Type
- Allergies
- Past/Current Medical Conditions
- Current Medications and Dosages

Planning for children and students

- When it comes to childcare, always have a "Plan B" in case regular childcare facilities are closed.
- Anticipate potential fears and anxieties; learn about services in the area that can help children cope with stress and other problems caused by a flu pandemic.
- Instruct childcare personnel to inform them if anyone in the facility is sick or has been sick. Parents should request the same information for children in grades K-12 as well; many schools have set up mass communications technologies to contact the parents.
- It is important to understand the childcare facility or school's plan for early dismissals. Parents should prearrange for alternative childcare and transportation for such an event.
- When a child is sick and showing signs of the flu, keep them home. Decide if he/she need to be taken to a health care professional for more advice.
- Have students ask teachers what to do in case of an absence, e.g., how to collect homework assignments and turn in materials.
- Talk with children and students, ask them if they have any questions, and make them feel comfortable about the possible changes that could happen to their daily lives.
- Students at the university level should know where they can find the most up to date information regarding a pandemic flu at their university. Students should also set up communication plans with professors for class cancellations and electronic assignments.
- Students at universities who rely on housing and food services at the university and who live too far away from home should develop alternate, food and housing plans in case of closures.

For more information on family preparedness, please visit www.in.gov/flu.

Leadership for a Safe and Secure Indiana.



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A pandemic may hinder essential business functions. Hoosiers are reminded to create a disaster preparedness kit in preparation for a pandemic or other emergency. Items to include:

- Water (at least a three day supply)

- * For 3 days, one person needs at least 3 gallons of water.
- * Store in clean plastic containers.
- * The hotter it is, the more water you may need.
- * Sick, injured, and nursing mothers may need more water as well.



- Food (at least a three day supply with foods that require no preparation, refrigeration, and very little water. Do not forget a manual can opener.

- * protein bars
- * canned meats and vegetables
- * dry cereal
- * dry milk
- * peanut butter
- * baby formula (if applicable)
- * crackers



First Aid Kit:

- latex gloves
- scissors
- tweezers
- tissues, toilet paper
- gauze
- bandaids
- eye wash and contact solution
- anti-diarrheal medication
- vitamins
- hydrogen peroxide
- over the counter medication for fevers
- prescription medication for at least one week
- thermometer
- fluids and electrolytes



Other items:

- battery operated or hand crank flash light and radio
- cell phone
- extra batteries
- blankets
- list of emergency phone numbers
- important documents
- identification
- soap/water, hand sanitizer



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