

# PERSONAL PLANNING GUIDE FOR PANDEMIC INFLUENZA

THE UNIVERSITY OF KANSAS - LAWRENCE CAMPUS

WHAT YOU NEED TO KNOW TO BE PREPARED

**A** flu pandemic is a global disease outbreak that occurs when a new influenza virus emerges for which people have little or no immunity and for which there is no vaccine. The disease spreads easily person-to-person, causes serious illness, and can sweep across the country and around the world in very short time.

If a flu pandemic occurs on the University of Kansas campus, the following may be expected:

- Schools, including the University, may be closed for an extended period of time
- Transportation services may be disrupted
- Being able to work may be difficult or impossible
- Social disruption may be widespread

**The following tips and information will help you and/or your family prepare for pandemic influenza:**

## BE PREPARED

During a pandemic you may not be able to get to a store. Even if you can get to a store, it may be out of supplies. Public waterworks services may also be interrupted. Stock a supply of food, drinking water and water for household use. Stocking supplies can also be useful in other types of emergencies, such as power outages and disasters. Items to have on hand for an extended stay at home include:

### *Examples of food and non-perishables:*

- Ready-to-eat canned meats, fish, fruits, vegetables, beans and soups
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter or nuts
- Dried fruit
- Crackers
- Canned juices
- Bottled water
- Canned or jarred baby food and formula
- Pet food

### *Examples of medical, health and emergency supplies:*

- Prescribed medical supplies such as glucose and blood-pressure monitoring equipment
- Soap and water, or alcohol-based hand wash
- Medicines for fever, such as ibuprofen
- Thermometer
- Anti-diarrheal medication
- Vitamins
- Fluids with electrolytes
- Cleansing agent/soap
- Flashlight
- Batteries
- Portable radio
- Manual can opener
- Garbage bags
- Tissues, toilet paper, disposable diapers

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## GET INFORMED

- Knowing the facts is the best preparation. Identify sources you can count on for reliable information. If a pandemic occurs, having accurate and reliable information will be critical.
- Reliable, accurate and timely information is available at [www.pandemicflu.gov](http://www.pandemicflu.gov). Also see the “Resources” section below.
- Listen to local and national radio, watch news reports on television, and read your newspaper and other reliable sources of printed and Web-based information.

## STAY HEALTHY

**It is always a good idea to practice good health habits.**

- Eat a balanced diet. Be sure to eat a variety of nutritious foods, including plenty of vegetables, fruits and whole grain products.
- Drink lots of water and go easy on salt, sugar, alcohol and saturated fat.
- Exercise on a regular basis and get plenty of rest.

**Take common-sense steps to limit the spread of germs. Make good hygiene a habit.**

- Wash hands frequently with soap and water.
- Cover your mouth and nose with a tissue when you cough or sneeze. Put used tissues in a waste basket.
- Cough or sneeze into your elbow if you don't have a tissue. Clean your hands after coughing or sneezing.
- Stay at home if you are sick.
- Get a flu shot to help protect yourself from seasonal flu.
- Get a pneumonia shot to prevent secondary infection if you are over the age of 65 or have a chronic illness such as diabetes or asthma.
- Make sure that your immunizations are up-to-date.

## RESOURCES

### Kansas Department of Health & Environment

1000 SW Jackson, Suite 300  
Topeka, KS 66612  
(785) 296-1086  
[www.kdhe.state.ks.us](http://www.kdhe.state.ks.us)

### Centers for Disease Control and Prevention

1600 Clifton Road  
Atlanta, GA 30333  
1-800-311-3435  
[www.cdc.gov](http://www.cdc.gov)