

For families with infants and/or toddlers: Purchase at least one week's supply of appropriate food (i.e. formula, canned baby food) and hygiene products (wipes/diapers) during each week of this schedule.

In addition to providing for your nutritional needs, also consider purchasing extra sources of entertainment that do not require electricity such as puzzles, books, board games, and cards.

Finally, some of your neighbors, friends and extended family may need your help in an emergency. Assist them if you can with the purchase of extra food and supplies to ensure they too are adequately prepared.

This list is not specific to pandemics or disease outbreak emergencies. Every household should have supplies on hand in the event of any type of disaster. If you take prescription medications, talk to your doctor or pharmacist about getting a supply to have on hand during times when you are unable to access your pharmacy. Securely store cash in your home since credit cards and checks may be less useful during an emergency.

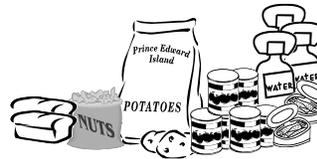
For more information about the pandemic flu visit:
www.pandemicflu.gov

Basic Preparation List

You should have a month's supply of:

- **Water** - 1 gallon per person per day
- **Protein Food Items** - 1/2 to 1 pound per person per day
- **Vegetables** - 1/2 to 1 pound per person per day

Supplement these food items with rice, cereals, grains, nuts and fruit.



Other items to include:

- Toiletries, medicines, and first aid supplies;
- Back up lanterns, flashlights, a battery powered radio, and surplus batteries.



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Home Pandemic Preparedness



***Help yourself.
Help your neighbor!***

**Central
District** 
Health Department
HALL • HAMILTON • MERRICK

Why Prepare Your Home for a Pandemic?

In the event of a pandemic outbreak, it is expected that a large portion of the working population may become ill and unable to operate the businesses that supply us with food and other necessary household items. In addition, health officials may declare quarantines, or discourage people from leaving their homes to prevent the spread of infection.

As a result, routine trips to the grocery store and other businesses may not be possible. This is why health officials are advising residents to prepare for this event by purchasing the suggested items listed here in a quantity large enough to supply a family for at least a month.

For budgeting purposes, this list has been broken down into a 5-week purchasing schedule. By completing this purchase schedule, you will have accumulated enough food and supplies to stock your household for a one month period. If there are foods on this list that you do not like or that you have allergies or intolerances to, replace them with similar items that you like and can eat.

When selecting foods, choose ones that are high in vitamins, protein, provide energy, and will store for long periods of time. Also keep in mind the amount of space you have in your home to store these items. Place dry cereals, grains and flours in re-sealable plastic storage containers in the freezer. Date all items and rotate use to maintain freshness.

Week 1: (Per person in household): 1 large jar of peanut butter; 3 large cans of meat; 2 pounds of dry beans; 2 large cans of nutrient dense vegetables¹; 2 pounds dry rice; 1 pound sugar³; 2 pounds of iodized salt; 2 pounds of flour; 7 gallons of water; large box powdered milk or 2 large cans condensed milk; 4 rolls toilet paper; 2 rolls of paper towels; antibacterial hand soap; 1 manual can opener²; 1 large bottle or jar each of condiments of choice (ketchup, mustard, mayonnaise, powdered creamer, etc.); if you have pets, obtain a 1-month supply of dried or canned pet food per pet.

Week 2: Large roll of duct tape; 50-100 feet of heavy cotton or hemp rope; 2 battery powered lanterns and 2 flashlights with 4 extra sets of batteries each (LED bulbs take less battery power and will last longer); 2 large boxes of wooden strike-anywhere matches and a waterproof container to store them; 2 signal flares; pliers and slip joint pliers²; battery operated AM/FM radio with 4 extra sets of batteries; 1 tarp; 7 gallons of water per person.

Week 3: (Per person in household): 2 pounds of dry beans; 2 large cans of nutrient dense vegetables¹; 2 large cans of meat; 2 large cans of fruit; 4 large cans of soup; 4 pounds of coffee or 2 boxes of tea bags; 1 large can powdered cocoa; 7 gallons of water; 4 rolls toilet paper; 1 large box of large plastic garbage bin liners; if you drink or smoke, purchase a month's supply of non-perishable alcoholic beverage and tobacco products of choice.

Week 4: One month's supply of feminine menstrual products per female in household; diapers and wipes for 1 month if not already purchased; 1 large bottle aspirin; 1 bottle ibuprofen; 1 bottle acetaminophen; 1 large bottle chewable calcium based antacid tablets; 1 large bottle alcohol antiseptic; 1 large bottle hydrogen peroxide; 1 large tube antibiotic skin ointment; 1 tub of petroleum jelly; 2 large containers of antimicrobial cleansing wipes; water-free hand cleanser; 1- 4" roll gauze bandage; 1 - 2" roll gauze bandage; 2 boxes of 2" gauze pads; 1 box assorted bandages; tweezers²; sewing kit²; 1 large bottle shampoo; 2 bars soap; 1 bottle baby oil; 1 large bottle liquid dish soap; 1 large bottle of multivitamins; 1 month's supply of any other toiletries not previously mentioned (aftershave, prophylactics, prescription medications, laxatives, razors, etc.); 7 gallons of water per person.

Week 5: (Per person in household): 7 gallons of water; 1 box powdered milk or 2 large cans condensed milk; 2 pounds of dry beans; 1 large jar peanut butter (unless allergic); 1 large jar fruit preserves or jam³; 2 large cans of meat; 2 pounds dry rice; 2 pounds of flour; 1 jar dry yeast; 2 large cans of nutrient dense vegetables¹; 2 pounds of shortening; 2 large containers of old fashioned rolled oats; 2 pounds sugar³; 2 large cans of fruit; 4 large cans of soup; 1 pound dried fruit (raisins, apricots, etc.).

¹ Nutrient dense vegetables include dark orange vegetables (carrots, pumpkin, butternut, and acorn) sweet potatoes, dark green leafy vegetables. Corn, peas and other light colored vegetables are generally low in nutrition.

² Do not duplicate hardware that you already own unless you feel you need to.

³ If you are diabetic, on a sugar restricted diet or have food allergies discuss emergency food sources and supplies with your physician.