



## PANDEMIC

The most important actions you can take to stay safe and survive a pandemic.

### **PANDEMIC - PLAN AHEAD & BE PREPARED**

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#### **PREPARE NOW**

- Have a plan and practice your plan.
- Have your emergency kit on hand with essentials including masks, hand sanitizer, alcohol wipes at your home, car, office, etc.
- Check your regular prescription drugs to ensure a continuous supply in your home.
- Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- Get copies and maintain electronic versions of health records from doctors, hospitals, pharmacies and other sources and store them, for personal reference.
- Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.

#### **SURVIVE DURING & AFTER**

- Limit the Spread of Germs and Prevent Infection.
- Follow public health guidance as the situation develops.
- Avoid close contact with people who are sick.
- When you are sick, keep your distance from others to protect them from getting sick too.
- Cover your mouth and nose with a tissue when coughing or sneezing and for additional safety wear a mask.
- Washing your hands often will help protect you from germs.
- Avoid touching your eyes, nose or mouth.
- Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

### **DISASTERS & EMERGENCIES**

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