



# HOW TO PREPARE FOR A PANDEMIC SITUATION

## Get Ready

Should you become ill, you would likely need to stay home to limit spread.

- Gradually stock up on supplies and non-perishable foods over the next couple weeks. Be considerate of how much you need to buy.
- Make plans for your children or other dependants in case you become ill.
- Make preparations with your employer and discuss work-from-home arrangements.
- Stock up on cleaning supplies, hand soap, hand sanitizer, bleach and nitrate/latex gloves.

## Fill Prescriptions

Fill prescriptions and stock up over-the-counter medications. Be considerate on how much you actually need to buy.

- Don't wait to fill essential prescriptions.
- Fill prescriptions for an extra month, if you're able.
- Purchase pain and fever medicine (ibuprofen and acetaminophen).

## Limit the spread of germs

Adopt good hygiene, and avoid others if you become sick

- Wash your hands often for at least 20 seconds with soap and water.
- Use alcohol-based hand sanitizer if soap and water are not available.
- Do not touch your eyes, nose and mouth unless you have just washed your hands.
- When you cough or sneeze, cover your mouth and nose with a tissue or your arm, not your hand.
- Stay home if you are sick. Do not visit people in hospitals or long-term care homes if you are sick.
- Get your flu shot. By protecting yourself from the flu, you can ease the burden on the healthcare system and protect others.

## LIST OF ESSENTIAL SUPPLIES

IT IS IMPORTANT TO HAVE EXTRA FOOD AT HOME THAT PROVIDES ADEQUATE NUTRIENTS AND ENERGY. YOU DON'T NEED TO RUSH AND "STOCKPILE" SUPPLIES. THE GOAL IS TO BE PREPARED AND PURCHASE ITEMS GRADUALLY. THE NEXT TIME YOU'RE AT THE STORE, PICK UP EXTRA SUPPLIES. DO THIS GRADUALLY.

### Food

- Fresh veggies with longer shelf life, such as beets, carrots, parsnips, rutabaga, turnip, potatoes, yams, cabbage, squash, onions
- Fresh fruit with longer shelf life: apples, melon, oranges, grapefruit
- Frozen vegetables and fruit, canned vegetables and fruit, fried fruit, applesauce, tomato sauce, 100% veggie & fruit juice
- Grains like rice, quinoa, couscous, bread (with a longer shelf life), tortillas, pasta, cold & dry cereals, crackers
- Frozen and canned meat and fish, soup, stews
- Yogurt, eggs, hard cheese, non-refrigerated milk, evaporated milk
- Canned and dried beans, chickpeas, lentils, nuts, seeds
- Flour, oil, butter or margarine, coffee, tea, hot chocolate, jam/honey, sugar, granola bars, cookies, spices, condiments
- Infant formula (if applicable)
- Pet food and supplies (if applicable)

### Sanitary/hygiene supplies

- Hand soap, alcohol based hand sanitizer, disinfectant wipes, bleach
- Toilet paper, diapers, female hygiene products, tissues, wipes, toothpaste
- Laundry detergent, dish soap, garbage bags, nitrate/latex gloves
- Surgical masks (face masks) for those who are infected or taking care of ill
- Floor cleaner, mop and bucket, toilet cleaner