

EMERGENCY KIT



BASIC ITEMS FOR AN EXTENDED HOME STAY

Assembling an emergency kit of supplies is an important way to get your family prepared. The following is a partial list of essential items to include in your emergency kit. These items may be in limited supply during a pandemic or unavailable if you are advised to stay at home.

- High-energy food with a long shelf life (i.e. peanut butter, nuts, dry cereal, granola, canned foods)
- Water – one gallon per person per day
- Medicine – essential prescription drugs and non-prescription drugs (i.e. aspirin, ibuprofen, acetaminophen)
- First Aid kit – include tweezers, scissors, bandages and gloves
- Battery-operated radio with extra batteries
- Flashlight with extra batteries
- Waterproof matches and emergency candles
- Soap
- Household cleansing agent

For a complete list, visit www.pandemicflu.gov or www.ready.gov.



815.334.4510
www.mcdhprepare.info

PANDEMIC POSSIBILITIES

WHY ARE WE CONCERNED?

In a worst case scenario, if a pandemic occurs:

- Essential services may be disrupted, including hospitals, banks, cell phone companies, internet, post office and utilities.
- Food and water supplies may be limited.
- Schools and day care centers may be closed.
- Medical care for everyone, even those with chronic illness, could be disrupted.

The three pandemics of the 1900s circled the globe in six to nine months. Today's modern transportation may help the virus spread from anywhere in the world within 48 hours.

PREVENT THE SPREAD

- Wash Your Hands
 - Wash frequently with soap and warm water for at least 20 seconds
 - Use an alcohol-based hand sanitizer if soap is unavailable
- Cover Your Coughs & Sneezes
 - Cover your mouth and nose when you cough or sneeze.
 - Use a tissue or cough into your sleeve.
- Keep Your Living Areas Clean
 - Keep your house well ventilated.
 - Disinfect your house with diluted bleach or alcohol.
- Keep Your Distance
 - Avoid crowds and limit travel.
 - Do not go to work when you are ill.
 - Do not send an ill child to school or day care.



GETTING THE LATEST...

In the event of a public health emergency, tune to STAR 105.5 Radio or read the Northwest Herald Newspaper for the latest county specific information and special instructions.



WHERE TO FIND MORE INFORMATION

McHenry County Department of Health
www.mcdhprepare.info
815.334.4510

Features updated local information on pandemic flu in McHenry County as well as local hospital information and other national resources.



McHenry County Department of Health
2200 North Seminary Ave.
Woodstock, IL 60098

A FAMILY GUIDE TO *Pandemic* INFLUENZA

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MCHENRY COUNTY
DEPARTMENT OF HEALTH

FLU DEFINED

SEASONAL INFLUENZA (FLU)

Also known as common flu or winter flu, this is a respiratory illness that occurs annually and can be transmitted person to person. Most people have some immunity, and a vaccine is available.

AVIAN (BIRD) FLU

This is a disease caused by influenza viruses that occur naturally among wild birds. Authorities are currently concerned about the H5N1 strain that is deadly to domestic birds and can be transmitted to other animals or humans.

PANDEMIC FLU

This is a new and deadlier human influenza virus, which people have little or no immunity against. It would spread easily from person to person, causing a global outbreak (pandemic) of serious illness. Currently there is no pandemic flu. However, if there is an outbreak, pandemic flu:

- Will be more severe than seasonal flu, and people of all ages will be equally at risk.
- Will last longer than seasonal flu outbreaks and may include "waves" of activity that last six to eight weeks separated by months of low activity.



WHAT TO DO IF SOMEBODY GETS SICK

If family members in your home become ill with the flu, follow these instructions to care for them and prevent the spread of germs.

- Keep them at home (no work or school).
- Have them drink lots of clear fluids.
- Make sure they get plenty of rest.
- Give them ibuprofen or acetaminophen for fever, sore throat and muscle aches. Do not give aspirin to children.
- Sponge them with warm water.
- Keep them away from others.
- Disinfect your home.

IT IS IMPORTANT TO KEEP IN MIND:

- Drugs do not cure people with the flu. They make people more comfortable, but their supply may be limited during a pandemic.
- People should still get the seasonal flu vaccine. Vaccines for pandemic flu will not be available until six to eight months after the pandemic starts.

WHICH FLU IS THIS FLU?



SEASONAL FLU

VS

PANDEMIC FLU

Occurs every year, mostly during winter (November – April)

Affects about 10% of the world's population.

For most people, it is an unpleasant but not life-threatening infection.

Results in an average of 36,000 deaths each year.

Young children, the elderly and those with chronic illnesses are at higher risk.

An annual vaccine is available.

Modest Impact and low absenteeism

Seasonally Can occur at any time of the year. Pandemics have occurred three times in the last century. Experts believe another is likely to occur.

Illnesses May cause illness in 30 to 50% of the world's population.

Severity Will likely have more severe symptoms than seasonal flu.

Deaths May result in millions of deaths worldwide.

At Risk People of every age may be at risk for infection.

Vaccine A vaccine probably won't be available when the pandemic starts.

Economic Impact Major impact with widespread travel restrictions, cancellation of public gatherings, business and schools and 25% – 40% absenteeism.



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