



Prepare for H1N1 Influenza (swine flu)

In your community

Know your neighbors

- ◆ Talk with family, friends and neighbors to make sure everyone is prepared.

Know school policies

- ◆ For more information, visit the Public Education Department web site at: www.ped.state.nm.us and follow the H1N1 link.

At work

Be ready for the possibility that you may not be able to go to work:

- ◆ **Know your workplace's policies** concerning sick leave, absences and telecommuting.
- ◆ **Encourage planning.** Every business, organization, and agency should have a plan for **making sure**

essential work will get done if large numbers of employees are absent over many months.

- ◆ **Explore ways to get your work done** that reduce personal contact. For example, increase use of e-mails or phone conferences.

At home

Make household and family emergency plans

- ◆ Agree on a point of contact where all family members can check in if you are separated during an emergency.
- ◆ Decide who will take care of children if schools are closed.
- ◆ Plan to limit the number of trips you take to shop or to run errands. Also, remember public transportation routes and times may be limited.
- ◆ Determine how you will care for people in your family who have disabilities if support services are not available.
- ◆ Be prepared to get by for at least a week on what you have at home. Stores may not be open or may have limited supplies.

Keep these items in your home

- ◆ Enough food and water per person for a week or more. (Pantry chart on the back of this page)
- ◆ Medications—at least a week's supply of those you take regularly.
- ◆ Items to relieve flu symptoms—medicines such as Ibuprofen and Acetaminophen for fever, cold packs, blankets, extra water, and fruit juice.
- ◆ Items for personal comfort—soap, shampoo, toothpaste, and toilet paper.
- ◆ Activities for yourself and your children.
- ◆ Cash.
- ◆ Pet supplies, medications and food.
- ◆ Cell phone or regular phone with a cord—cordless phones won't work if the power is out.
- ◆ Large trash bags.

Protect your health

Prevent the spread of germs

The flu virus is spread from person to person when an infected person coughs, sneezes or touches things that others use. Do these simple, effective things to help protect yourself and others:

- ◆ **Cover your mouth and nose** with a tissue when you cough or sneeze, or cough into your sleeve.
- ◆ **Wash your hands often** with soap and water.
- ◆ **Don't touch** your eyes, nose or mouth.
- ◆ **Stay home** when you're sick or have flu symptoms.
- ◆ **Consult with your health care provider** about receiving the seasonal and H1N1 flu vaccine.

Home care

- ◆ **Learn basic care-giving.** Know how to care for someone with a fever, body aches, and lung congestion.
- ◆ **Learn to recognize and treat dehydration.** Watch for weakness, fainting, dry mouth, dark concentrated urine, low blood pressure or a fast pulse when lying or sitting down. To prevent dehydration, it is very important for a person with the flu to drink a lot of water—up to 12 glasses a day.

For more information on home care, go to:

www.cdc.gov/h1n1flu/guidance_homecare.htm


More information about H1N1 (swine flu)



New Mexico Department of Health
www.nmhealth.org
Centers for Disease Control and Prevention
www.cdc.gov/h1n1flu/



Prepare by stocking your food pantry

Emergency One Week Pantry List	1 person		2 persons		4 persons	
FOOD ITEMS	Quantity	Size	Quantity	Size	Quantity	Size
Bottled Water	5	gal	10	gal	20	gal
Radiated, Canned, Dried Milk *	1.5	gal	3	gal	5	gal
Dried Eggs **	4	ea	8	ea	16	ea
Dry, Whole Grain Cereal	1	box, 16 oz	1	box, 16 oz	2	box, 16 oz
Whole Grain Bread, tortillas, or crackers	2	Loaves	4	Loaves	8	Loaves
Oil, Corn, Olive, or Canola	2	cup	3	cups	6	cups
Citrus Fruit Juice	1	qt.	2	qts	1	gal
Protein or Fruit Bars	2	Box (6 ea)	4	Box (6 ea)	8	box (6 ea)
Canned beef, Beef Chili or Stew	1	can, 16 oz	2	can, 16 oz	4	can, 16 oz
Canned Chicken	2	6 oz cans	4	6 oz cans	8	6 oz cans
Canned Fish, i.e. tuna, salmon (if pregnant - substitute with chicken)	2	6 oz cans	4	6 oz cans	8	6 oz cans
Peanut Butter or Nuts	4	oz	8	oz	16	oz
Canned Beans, Pinto, Black, Lentils	1	16 oz can	2	16 oz can	4	16 oz can
Canned Green, Yellow, Orange Vegetables	4	16 oz can	7	16 oz can	14	16 oz can
Canned Fruit	3	16 oz can	5	16 oz can	9	16 oz can
Canned White or Sweet Potatoes **	3	lbs	5	lbs	10	lbs
Canned Pasta Dishes or Spaghetti	1	8 oz can	1	16 oz can	2	16 oz can
Dried Pasta	8	oz	16	oz	32	oz
Dried Fruit or Vegetables	12	oz	24	oz	3	lb or 48 oz
Ready to Eat Canned Soup	2	can, 19 oz	3	can, 19 oz	6	can, 19 oz
Jelly	1	jar, 4 oz	1	jar, 8 oz	1	jar, 16 oz
Mayonnaise Packets	4	each	8	each	16	each
Mustard/Catsup Packets	4	each	8	each	16	each
For one week, one baby						
Baby Food for Formula-fed Infants <u>younger than</u> 6 months old	0	oz	Baby Food in Jars (not needed nutritionally)			
Baby Food for Formula-fed Infants <u>older than</u> 6 months old	32	oz	Baby Food in Jars			
For 100% Formula-fed Infants <u>younger than</u> 6 months old	3	ea	Baby Formula Powder from 12.9 oz can			
For 100% Formula-fed Infants <u>older than</u> 6 months old	2	ea	Baby Formula Powder from 12.9 oz can			
Fresh food						
Lettuce **	0.5	18 oz	1	18 oz	2	18 oz
Broccoli or Cauliflower **	0.5	12 oz	1	12 oz	2	12 oz
Carrots**	0.5	10 oz bag	1	10 oz bag	2	10 oz bag
Dressing Packets	5	each	10	each	20	each
Margarine/Butter** (can substitute for oil)	0.5	cup	1	cup	2	cups
Optional staples						
Coffee	8	oz	1	lb	2	lb
Sugar	4	oz	8	oz	1	lb
Creamer, Powdered	4	oz	8	oz	1	lb
Flour	20	oz	2.5	lb	5	lb
Shortening	8	oz	1	lb	2	lb
Teabags	1	box	2	box	3	box
Hot Cocoa Mix	4	oz	8	oz	16	oz
Vinegar	4	oz	8	oz	16	oz
Baking soda/powder	2	oz	4	oz	8	oz
Salt	1/3	cup	2/3	cup	1 1/4	cups
Pepper	1/3	cup	2/3	cup	1 1/4	cups

* 4 lbs. of dried milk equals 5 gallons of fresh milk; 26 - 12 oz cans of evaporated milk equals 5 gallons of fresh milk

** Fresh foods optional, if available, but require refrigerated storage space or cooking source.

Don't forget FOOD FOR YOUR PETS