Parent Information
Resources
Pandemic Flu Planning
Checklist for Individuals and Families

You can prepare for an influenza pandemic now. You should know both the magnitude of what can happen during a pandemic outbreak and what actions you can take to help lessen the impact of an influenza pandemic on you and your family. This checklist will help you gather the information and resources you may need in case of a flu pandemic.

1. To plan for a pandemic:
   - Store a supply of water and food. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies, such as power outages and disasters.
   - Ask your doctor and insurance company if you can get an extra supply of your regular prescription drugs.
   - Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
   - 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.
   - Volunteer with local groups to prepare and assist with emergency response.
   - Get involved in your community as it works to prepare for an influenza pandemic.

2. To limit the spread of germs and prevent infection:
   - Teach your children to wash hands frequently with soap and water, and model the correct behavior.
   - Teach your children to cover coughs and sneezes with tissues, and be sure to model that behavior.
   - Teach your children to stay away from others as much as possible if they are sick. Stay home from work and school if sick.
3. *Items to have on hand for an extended stay at home:*

<table>
<thead>
<tr>
<th>Examples of food and non-perishables</th>
<th>Examples of medical, health, and emergency supplies</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Ready-to-eat canned meats, fruits, vegetables, and soups</td>
<td>☐ Prescribed medical supplies such as glucose and blood-pressure monitoring equipment</td>
</tr>
<tr>
<td>☐ Protein or fruit bars</td>
<td>☐ Soap and water, or alcohol-based hand wash</td>
</tr>
<tr>
<td>☐ Dry cereal or granola</td>
<td>☐ Medicines for fever, such as acetaminophen or ibuprofen</td>
</tr>
<tr>
<td>☐ Peanut butter or nuts</td>
<td>☐ Thermometer</td>
</tr>
<tr>
<td>☐ Dried fruit</td>
<td>☐ Anti-diarrheal medication</td>
</tr>
<tr>
<td>☐ Crackers</td>
<td>☐ Vitamins</td>
</tr>
<tr>
<td>☐ Canned juices</td>
<td>☐ Fluids with electrolytes</td>
</tr>
<tr>
<td>☐ Bottled water</td>
<td>☐ Cleansing agent/soap</td>
</tr>
<tr>
<td>☐ Canned or jarred baby food and formula</td>
<td>☐ Flashlight</td>
</tr>
<tr>
<td>☐ Pet food</td>
<td>☐ Batteries</td>
</tr>
<tr>
<td></td>
<td>☐ Portable radio</td>
</tr>
<tr>
<td></td>
<td>☐ Manual can opener</td>
</tr>
<tr>
<td></td>
<td>☐ Garbage bags</td>
</tr>
<tr>
<td></td>
<td>☐ Tissues, toilet paper, disposable diapers</td>
</tr>
</tbody>
</table>
Plan Para Una Gripe Pandémica
Lista para Individuos y Familias

Usted puede prepararse para una influenza pandémica ahora. Usted debería saber ambas, la magnitud de lo que puede suceder durante un brote pandémico y que acciones usted puede tomar para ayudar a aminorar el impacto de una influenza pandémica en usted y su familia. Esta lista le ayudará a juntar información y recursos que puede necesitar en caso de una gripe pandémica.

1. Plan para una pandemia:

☐ Guarde una cantidad de agua y comida. Durante una pandemia, si usted no puede llegar a la tienda, o si la tienda no tiene abastecimiento, será importante para usted tener provisiones a mano. Esto puede ser muy útil en otro tipo de emergencias, como un corte de electricidad y desastres.

☐ Pregunte a su doctor y asegurancia médica si usted puede tener un abastecimiento extra de sus medicinas regulares.

☐ Tener medicinas sin prescripción médica y otros a mano, incluyendo remedios para los dolores, para problemas de estómago, remedios para la tos y resfriados, líquidos con electrólitos, y vitaminas.

☐ Hablar con miembros de la familia acerca de cómo ellos deberían cuidarse por sí se enferman, o que deberán necesitar en caso que hay que cuidarlos en casa.

☐ Ser voluntario con grupos locales para preparar y asistir con una reacción de emergencia.

☐ Envolverse con su comunidad como ésta trabaja preparándose para una influenza pandémica.

2. Limitar el esparcimiento de géneros y prevenir infecciones:

☐ Enseñar a sus niños a lavarse las manos frecuentemente con jabón y agua, sea un modelo de esta práctica/conducta.

☐ Enseñar a sus niños cuando tosan y estornuden a cubrirse la boca con un pañuelo desechable/kleenex y asegúrese de ser un modelo en esta práctica/conducta.

☐ Enseñar a sus niños a estar alejados lo más posible de otros si estos están enfermos. Quedarse en casa si se está enfermo. (No asistir al trabajo o escuela).
3. **Artículos para tener a mano para una estadía prolongada en casa:**

<table>
<thead>
<tr>
<th>Ejemplos de comidas no peresibles</th>
<th>Ejemplos de medicinas para la salud y abastecimiento para emergencias</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carnes, frutas, vegetales y sopas enlatadas.</td>
<td>Abastecimiento de medicinas prescritas, como glucosa y monitor para la presión arterial sanguínea.</td>
</tr>
<tr>
<td>Barras de proteína o frutas</td>
<td>Jabón y agua, o líquido para lavar manos en seco a base de alcohol.</td>
</tr>
<tr>
<td>Cereales secos o granolas</td>
<td>Medicinas para la fiebre como acetaminofén o ibuprofen</td>
</tr>
<tr>
<td>Crema de maní o frutos secos (almendras, nueces, etc.)</td>
<td>Termómetro</td>
</tr>
<tr>
<td>Fruta disecada</td>
<td>Medicina para la diarrea</td>
</tr>
<tr>
<td>Galletas</td>
<td>Vitaminas</td>
</tr>
<tr>
<td>Jugos enlatados</td>
<td>Líquido con electrolitos</td>
</tr>
<tr>
<td>Agua en botella</td>
<td>Agentes de limpieza/jabón</td>
</tr>
<tr>
<td>Comida de bebés enlatadas o en jarros y fórmula</td>
<td>Linternas</td>
</tr>
<tr>
<td></td>
<td>Baterías</td>
</tr>
<tr>
<td></td>
<td>Radio portable/portátil</td>
</tr>
<tr>
<td></td>
<td>Abridor de latas manual</td>
</tr>
<tr>
<td></td>
<td>Bolsas de basura</td>
</tr>
</tbody>
</table>
Hoja de Información Para la Salud de la Familia

Es importante pensar acerca de asuntos de salud que podrían ocurrir si una influenza pandémica ocurre, y cómo esto podría afectarlo a usted y los suyos. Por ejemplo, si una clinica masiva es instalada para vacunas usted tiene que porveer la más información que pueda acerca de su historia médica cuando vaya, especialmente si usted tiene serios problemas o alergias.

Cree un plan familiar para la salud usando esta información. Complete la información requerida por cada miembro de la familia en los espacios proveídos. Así como se planea para una pandemia, esto puede también ayudar a prepararse para otras emergencias.

1. Información de Miembros de Familia:

<table>
<thead>
<tr>
<th>Miembro de familia</th>
<th>Tipo/grupo sangre</th>
<th>Alergias</th>
<th>Pasado/presente condición médica</th>
<th>Actual dósis de medicinas</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
2. **Contactos En Caso De Emergencia**:

<table>
<thead>
<tr>
<th>Contactos</th>
<th>Nombre/Número De Teléfonos</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contacto personal local para emergencias</td>
<td></td>
</tr>
<tr>
<td>Contacto personal fuera de la ciudad para emergencias</td>
<td></td>
</tr>
<tr>
<td>Hospital cerca del: Trabajo</td>
<td></td>
</tr>
<tr>
<td>Escuela</td>
<td></td>
</tr>
<tr>
<td>Casa</td>
<td></td>
</tr>
<tr>
<td>Médico de la familia(s)</td>
<td></td>
</tr>
<tr>
<td>Departamento de Salud Pública del Estado (Vea la lista en <a href="http://www.pandemicflu.gov">www.pandemicflu.gov</a>)</td>
<td></td>
</tr>
<tr>
<td>Farmacia</td>
<td></td>
</tr>
<tr>
<td>Contacto con Empleador e información en emergencias</td>
<td></td>
</tr>
<tr>
<td>Contacto con la Escuela e información en emergencias</td>
<td></td>
</tr>
<tr>
<td>Religión/organización espiritual</td>
<td></td>
</tr>
<tr>
<td>Veterinarios</td>
<td></td>
</tr>
</tbody>
</table>
Tips for Parents on coping with pandemic flu

Plan for an extended stay at home during a flu pandemic.

- Ask your employer about how business will continue during a pandemic.
- Ask your employer if you can work from home during a flu pandemic.
- Plan for a possible reduction or loss of income, if you are unable to work or your place of employment is closed.
- Check with your employer or union about leave policies.
- Plan home learning activities and exercises. Have materials, such as books, on hand.
- Plan recreational activities that your children can do at home.

Items to have on hand for an extended stay at home:

Examples: Non-perishable foods

- Ready to eat canned meats, fruits, vegetables, soups
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter and jelly
- Dried fruit, nuts, trail mix
- Crackers
- Canned juices
- Bottled water
- Canned or jarred baby food
- Baby formula
- Pet food

Health and emergency supplies

- Prescribed medical supplies such as glucose and blood pressure monitoring
- Soap and water or alcohol based hand wash
- Medicines for fever, such as acetaminophen (Tylenol) or ibuprofen (Motrin)
- Thermometer
- Vitamins
- Fluids with electrolytes, such as Pedialyte®
- Flashlight with extra batteries
- Portable radio with extra batteries
- Manual can opener
- Garbage bags
- Tissues, toilet paper, disposable diapers

If someone in your home develops flu symptoms (fever, cough, muscle aches):

- Encourage family members who are ill to drink plenty of fluids.
- Keep the ill person as comfortable as possible. Rest is important.
- For adults with fever, sore throat and muscle aches, use ibuprofen (Motrin) or acetaminophen (Tylenol).
- Do not use aspirin in children or teenagers; it can cause Reye's syndrome, a life-threatening illness.
- Sponging with tepid (wrist-temperature) water lowers fever only during the period of sponging. Do not sponge with alcohol.
- Keep tissues and a trash bag for their disposal within reach of the patient.
- All members of the household should wash their hands frequently.
- Keep other family members and visitors away from the person who is ill.
- Contact a healthcare provider for further advice. If the ill person is having difficulty breathing or is getting worse, contact the healthcare provider right away.

For more information, call your healthcare provider or visit the KDHE Web site at www.kdheks.gov, the DHHS Web site at http://www.pandemicflu.gov/ or call the local Emergency Information Line: INSERT HOTLINE NUMBER.
SAMPLE PARENT LETTER#1 (PLACE ON DISTRICT LETTERHEAD)
Prevention Letter

Use this “type” of letter to help prepare parents for pandemic flu – before there are human pandemic flu or bird flu cases in the U.S. Work with your local Health Department on the timing of this type of letter.

Dear Parents,

This letter will help your family prepare for a flu pandemic that could make many people sick. Please use the information to begin preparation.

It is important to know that at this time, there is no pandemic flu of any kind in the United States. There is also no bird/avian flu in the United States at this time.

Public health officials are worried the avian/bird flu virus may change so that it can infect people and spread easily from person-to-person. This would cause a worldwide flu outbreak, called a pandemic.

Public health officials want people to protect themselves against pandemic flu.

Here are some ways to protect your family:

- Keep children who are sick at home. Don’t send them to school.
- Teach your children to wash their hands often with soap and water for 20 seconds. Be sure to set a good example by doing this yourself.
- Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of the elbow. Be sure to set a good example by doing this yourself.
- Teach your children to stay at least three feet away from people who are sick.
- People who are sick should stay home from work or school and avoid other people until they are better.

Enclosed with this letter is a checklist to help families prepare for a pandemic flu outbreak. This information can also help your family prepare for any kind of emergency.

If you have questions, please contact your School Nurse or healthcare provider. You can call the school hotline (INSERT NUMBER)

You can get more information from:
(Your local health department):
Visit online at (URL local or state health department) or call the Information Line: 1-####-####-####.

The DHHS Web site with information on planning for individuals and families:

American Red Cross
http://www.redcross.org
Even though the confirmation of a bird infected with avian/bird flu in the United States does not signal a pandemic, there will be confusion and concern when this happens. Work with your local health department on the timing for mailing out this type of letter. Send brochures and handouts as determined locally.

SAMPLE PARENT LETTER #2 FIRST BIRD CASE: Use this letter to help prepare parents for pandemic flu after first bird case is found in United States

Dear Parents,

As expected, birds sick with avian/bird flu virus are now in the United States. It is important to know that, at this time, there are no known human cases of avian/bird flu in the United States.

Health officials are worried that the avian/bird flu virus may change so that people can get sick from it. If that happens, it could spread from person-to-person. This would cause a worldwide flu outbreak, called a pandemic.

So even though there is no flu pandemic now, we want to remind you about some ways to protect your family from getting sick:

- Keep children who are sick at home. Don't send them to school.
- Teach your children to wash hands often with soap and water for 20 seconds. Be sure to set a good example by doing this yourself.
- Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of the elbow. Be sure to set a good example by doing this yourself.
- Teach your children to stay at least three feet away from people who are sick.
- People who are sick should stay home from work or school and avoid other people until they are better.
- Do not touch sick or dead birds.

Enclosed with this letter is a checklist to help families get ready for a pandemic flu outbreak. This information can also help your family get ready for any kind of emergency.

If you have questions, please contact your School Nurse or healthcare provider. You can call the school hotline (INSERT NUMBER)

You can get more information from:
(Local health department information)
Visit online at (state or local health department Web site) or call the Emergency Information Line: 1-888-####-####
The DHHS Web site with information on planning for individuals and families:
http://www.pandemicflu.gov

American Red Cross
http://www.redcross.org
SAMPLE LETTER TO PARENTS
Initial Pandemic Flu Outbreak #3: Use this type of letter to let parents know schools are open. Work with your local Health Department regarding the timing of a letter of this type.

Dear Parents,

This letter will give you information about a flu outbreak in (your county). Every year, some people get sick with the flu during the fall and winter months. This year, there is a new flu virus that is making many people in (your county) sick. So many people are sick in (your county) and the United States that health officials call it a “pandemic flu.”

A lot of students and teachers in our school are sick with the flu. We hope they will all get better quickly.

At this time, the county health department tells us that students who are not ill can safely come to school. The schools will remain open. We will keep you updated with any important information.

To keep the flu from spreading to more people, we ask you to keep sick children home. Any children who are sick in school will be sent home.

Public health officials want you to protect yourself and your family against pandemic flu. Here are some ways to stop the spread of germs and sickness:

- Keep children who are sick at home. Don’t send them to school.
- Teach your children to wash hands often with soap and water for 20 seconds. Be sure to set a good example by doing this yourself.
- Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of the elbow. Be sure to set a good example by doing this yourself.
- Teach your children to stay away at least three feet away from people who are sick.
- People who are sick should stay home from work or school and stay away from other people until they are better.
- Stay away from shopping malls, movie theaters or other places where there are large groups of people.

We are also giving you some tips about how to care for your family if they are ill.

If you have questions, please contact your School Nurse or healthcare provider. You can call the school hotline (INSERT NUMBER). You can get more information from the (local health department contact info): Visit online at (local or state department of health Web site address) or call the Emergency Information Line: 1-####-####-####.

If the pandemic flu continues to spread and more students become ill, schools may close for days or weeks. The purpose of closing schools will be to keep children from getting sick. Begin planning now for childcare in your home.

Recommendations may change during the course of a pandemic flu outbreak.
SAMPLE LETTER TO PARENTS #4 Expanded Outbreak:
Use this letter to let parents know schools are open and urge ill children to stay home. Your local Health Department will advise you of the need to provide this letter and/or may be using the media to communicate this information. Work with them on the timing of this type of letter.

Dear Parents,

We wrote to you recently to tell you about a pandemic flu outbreak in our community. Here is some new information. There are now even more students in our school who are ill with this flu virus. Still the county health department tells us that students who are not ill can continue to attend school. The schools will remain open. We will keep you updated with any important information.

To keep the flu from spreading to more people, we ask you to keep sick children home. Any children who are sick in school will be sent home.

Public health officials want you to protect yourself and your family against pandemic flu. Here are some ways to stop the spread of germs and sickness and take care of your family:

- Keep children who are sick at home. Don’t send them to school.
- If some of the people in your home are sick with the flu, keep them away from the people who are not sick.
- If some of the people in your home are sick with the flu and you cannot see a health provider, some things you can do to help them are:
  - Have them drink a lot of liquid (juice, water)
  - Keep the ill person as comfortable as possible. Rest is important.
  - For fever, sore throat and muscle aches, in adults, use ibuprofen (Motrin) or acetaminophen (Tylenol). Do not use aspirin with children or teenagers; it can cause Reye’s syndrome, a life-threatening illness.
  - Keep tissues and a trash bag within reach of the sick person.
  - Be sure everyone in your home washes his or her hands frequently.
  - Contact a healthcare provider for further advice. If the ill person is having difficulty breathing or is getting worse, contact the healthcare provider right away.

Call the school hotline (INSERT NUMBER) or visit the (state or local health department) online at (website address) or call the Emergency Information Line: 1-###-####-###.

If the pandemic flu continues to spread and more students become ill, schools may close for days or weeks. The purpose of closing schools will be to keep children from getting sick. If schools are closed, children should stay at home. Begin planning now for childcare in your home. Address these issues with your employers if they have yet to provide guidance in this area. They will be affected also.
SAMPLE LETTER TO PARENTS School closure #5:
Use this letter to inform parents schools are closed. The local Health Department will advise you on the need to perform this action.

Dear Parents,

(Local County or State) health officials have ordered all schools in (Insert school district) to close. This order is because of the pandemic flu situation in (Local) County. All schools are immediately closed until further notice and children should stay home.

Schools may be closed for days or even weeks to reduce contact among children and stop the spread of the flu.

We know that many students and their families are very sick. We know this is a hard time for our community, and our hearts go out to those who are ill.

Because the flu is easily spread from person-to-person, it is not safe for large groups of people to gather. During this time, both children and adults should stay away from other people and groups as much as possible. They should not gather in other locations such as shopping malls, movie theaters or community centers.

We know that it may be hard to get a doctor’s appointment, go to a clinic or even be seen in a hospital emergency room. Here are some tips for helping those who are sick with the flu:

- Have them drink a lot of liquid (juice, water)
- Keep the sick person as comfortable as possible. Rest is important.
- For fever, sore throat and muscle aches, use ibuprofen (Motrin) or acetaminophen (Tylenol). Do not use aspirin with children or teenagers; it can cause Reye’s syndrome, a life-threatening illness.
- Keep tissues and a trash bag within reach of the sick person.
- Be sure everyone in your home washes his or her hands frequently.
- Keep the people who are sick with the flu away from the people who are not sick.

For more information, call your healthcare provider or visit www.kdheks.gov, the DHHS Web site at www.pandemicflu.gov or call the district’s Emergency Information Line: INSERT HOTLINE NUMBER

We will contact you as soon as we have information about when school will reopen.
SAMPLE LETTER TO PARENTS School Re-Opens #6:
Use this letter to inform parents schools are re-opened. The local Health Department will advise you when this action can be performed. Media communications will likely also be utilized for this action.

Dear Parents,

(local or state) County health officials have declared the pandemic flu is presently at a point where children may now go back to school. Our school will open again on ___________________. At this time, students may safely return to class.

Even though school is opening, there are still some people who are sick from the flu virus. Health officials say that pandemic flu outbreaks sometimes happen in waves. This means more people could become sick soon again. If more people get sick, schools may need to close again. We will continue to give you any important information.

Because the flu can still be spread from person-to-person, please keep children who are sick at home. Don’t send them to school.

We are looking forward to seeing your children again.
What is Pandemic Flu?
A “pandemic” is a disease that spreads all over the world and affects a large number of people. If you are caring for a loved one during a pandemic, it’s important to take steps to protect yourself and others. Always follow the most current advice of the U.S. Department of Health and Human Services and your local health department.

Prevent the Spread of Pandemic Flu
These healthy habits will help keep you and others from getting and passing on the virus:

> Clean your hands often with soap and water or alcohol-based hand sanitizer.
> Cover your mouth and nose with a tissue when you cough or sneeze and clean your hands afterward. Put used tissues in a wastebasket.
> Cough or sneeze into your upper sleeve if you don’t have a tissue.
> Keep your hands away from your eyes, nose and mouth to prevent germs from entering your body.

Also, a person with signs of the flu should:

> Stay home from work, school and errands and avoid contact with others.
> Consider wearing a surgical mask when around others. There may be benefits.

When a Household Member Is Sick
The flu virus is spread when contaminated droplets exit the mouth and nose of an infected person and the virus comes in contact with others. So, follow these tips to protect yourself and others in your home:

> Keep everyone’s personal items separate. All household members should avoid sharing computers, pens, papers, clothes, towels, sheets, blankets, food or eating utensils.
> Disinfect door knobs, switches, handles, toys and other surfaces that are commonly touched around the home or workplace.

**Disinfectant:**
1 gallon water
\(\frac{1}{4}\) cup bleach
Mix up a fresh batch every time you use it.

> It is okay to wash everyone’s dishes and clothes together. Use detergent and very hot water. Wash your hands after handling dirty laundry.
> Wear disposable gloves when in contact with or cleaning up body fluids.
> One person should be the caregiver. He or she may benefit by wearing a mask when giving care.

Practice Hand Hygiene
Caregivers should always wash their hands before providing care. Afterward, wash again and apply alcohol-based hand sanitizer as well. Follow these steps for proper hand hygiene:

1. Wet hands with warm, running water and apply liquid soap.
2. Rub hands vigorously for at least 15 seconds, covering all surfaces and fingers.
3. Scrub nails by rubbing them against the palms of your hands.
4. Rinse your hands with water.
5. Dry your hands thoroughly with a paper towel and use it to turn off the faucet. A shared towel will spread germs.

Recognize Pandemic Flu Symptoms
Watch for these symptoms:

> Fever
> Cough
> Runny nose
> Muscle pain

Call your health-care professional at the first sign of the flu. Many symptoms can be treated by the health-care professional over the telephone.

Care for a Loved One with the Flu
A person recovering from flu should have:

> Rest and plenty of liquids
> No alcohol or tobacco
> Medications to relieve flu symptoms

In some cases, a health-care professional may prescribe antiviral drugs to treat the flu. Antibiotics (like penicillin) don’t cure it.
Monitor Pandemic Flu Symptoms
Keep a care log. Write down the date, time, fever, symptoms, medicines given and dosage. Make a new entry at least every 4 hours or when the symptoms change. Call your healthcare professional again if your loved one has:

> A high fever
  - Children and Adults: Greater than 105°F (40.5°C)
  - Babies 3- to 24-months-old: 103°F (39.4°C) or higher.
  - Babies up to 3 months: Rectal temperature of 100.4°F (38°C) or higher.
> Shaking chills
> Coughing that produces thick mucus
> Dehydration (feeling of dry mouth or excessive thirst)
> Worsening of an existing serious medical condition (for example: heart or lung disease, diabetes, HIV, cancer)

If you cannot reach your health-care professional, call 9-1-1 or local emergency number for any of the signs below:

> Irritability and/or confusion
> Difficulty breathing or chest pain with each breath
> Bluish skin
> Stiff neck
> Inability to move an arm or leg
> First-time seizure

Prevent Dehydration
Dehydration occurs when the body loses too much water and it’s not replaced quickly enough. It can be serious. Begin giving soothing drinks at the first signs of the flu and follow these tips:

> In addition to plenty of liquids, give ice and light, easily digested foods, such as soup and broth.
> If your loved one has diarrhea or vomiting, give fluids that contain electrolytes. These are available at your pharmacy or grocery store. Or you can make your own rehydration electrolyte drink for someone over the age of 12.

<table>
<thead>
<tr>
<th>Electrolyte Drink:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 quart water</td>
</tr>
<tr>
<td>½ tsp. baking soda</td>
</tr>
<tr>
<td>½ tsp. table salt</td>
</tr>
<tr>
<td>3 to 4 tbsp. sugar</td>
</tr>
<tr>
<td>¼ tsp. salt substitute</td>
</tr>
<tr>
<td>Mix well and flavor with lemon juice or sugar-free Kool-Aid®</td>
</tr>
</tbody>
</table>

> If drinking liquids makes nausea worse, give one sip at a time until your loved one can drink again.

Reduce Fever
To help reduce a fever, do the following:

> Give plenty of fluids.
> Give fever-reducing medication, such as acetaminophen, aspirin or ibuprofen, as directed on the container’s label.
> Do not give aspirin to anyone younger than 20.
> Keep a record of your loved one’s temperature in your care log.
> To relieve discomfort, give a sponge bath with lukewarm water.

After you have called your doctor or emergency number for a fever, continue to follow the home treatment recommendations above. If there is a delay in getting help, ask a health-care professional if you should start an additional dose of an alternate fever-reducing medication (acetaminophen, ibuprofen or aspirin) between the doses described on the label. Always continue to give plenty of fluids.

Prepare for a Flu Pandemic
Make a plan now for a flu pandemic. Figure out what you will do if members of your household have to stay home from work or school or stay separated from others for a period of time. Keep extra supplies of food, water, medications and your disaster supply kit on hand.

Pandemic Flu Caregiving Supplies:

> Thermometer
> Soap
> Box of disposable gloves
> Acetaminophen
> Ibuprofen
> Bleach
> Alcohol-based hand sanitizer
> Paper towels
> Tissues
> Surgical masks
  (one for each person)
> Sugar, baking soda, salt, salt substitute

For more information, contact your local American Red Cross chapter, visit www.redcross.org or call 1-800-RED-CROSS.

Many of the recommendations in this brochure are from the U.S. Department of Health and Human Services. This information is not intended as a substitute for professional medical care or current public health advice. Seek advice from your health-care provider, the CDC and your local health department. Visit www.pandemicflu.gov.

As with all medications and treatments, there are side effects and potential complications. Seek professional advice from your health-care professional to make sure any medication or vaccination is appropriate to your health.

© 2006 by the American National Red Cross
Pandemic Flu and You – What If Schools Close?

Scenario:

- During a flu pandemic, schools may be closed.
- Your children may have to stay home for an extended period of time.
- You and your children will not be able to go visit public places.
- Your work may be disrupted due to company closures and you may have to stay home to take care of your children.

Ideas for Keeping Children Occupied

- Assemble arts and crafts kits.
- Keep a collection of videos or DVDs suitable for children.
- Buy some board games and a deck of cards.
- Check with your schools about materials for use at home.

Internet Resources for Educating Children at Home

1. Multnomah County Library Homeschooling Home Page: www.multcolib.org/homesch/

2. Homeschool Express, free worksheets and online activities: www.schoolexpress.com

3. National Home Education Research Institute, a non-profit clearinghouse for research on homeschooling: www.nheri.org

4. National Home Education Network, a non-profit site which provides information, links, and articles: www.nhen.org

5. Jon’s Homeschool Resource Page, a national, non-commercial information source on homeschooling: www.midnightbeach.com/hs

Sources: Adapted from Washington County Department of Health and Human Services, Washington County, Oregon.