



# Get Flu Ready, New Jersey

## Get ready now for an influenza pandemic and other emergencies.

During a pandemic, stores may be low or out of stock on food and other items you need every day.

Get prepared and stock up now. Doing so will help you be ready for an influenza pandemic and other types of emergencies, like power outages or hurricanes.

There are several things you can do to "Get Flu Ready."

- Store a two-week supply of water and food.
- Check prescription drugs. Make sure you have an extra two-week supply at home.
- Keep non-prescription drugs and other health supplies on hand, including a first aid kit, pain relievers, stomach remedies, cough and cold medicines, and fluids with electrolytes and vitamins.

- Talk with family members and loved ones about how they would be cared for if they got sick. What will you need to take care of them at 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.

**Now is a good time to practice healthy hygiene habits. These steps will limit the spread of germs and prevent infection.**

- Wash your hands frequently with soap and water. If soap and water are not available, use alcohol-based hand cleaner.
- If possible, stay away from people who are sick.
- Cover coughs and sneezes with tissues. Throw tissues away immediately. Cough or sneeze into your sleeve, not your hands.
- If you are sick, stay home from work or school.



## Things you may need for an extended stay at home

Examples of food and non-perishables	Examples of medical, health, and emergency supplies
Ready-to-eat canned meats, fish, fruits, vegetables, beans, and soups	Prescribed medical supplies such as glucose and blood-pressure monitoring equipment
Protein or fruit bars	Soap and water, or alcohol-based (60-95%) hand cleaner
Dry cereal or granola	Medicines for fever, such as acetaminophen or ibuprofen
Peanut butter or nuts	Thermometer
Dried fruit	Anti-diarrheal medication
Crackers	Vitamins
Canned juices	Fluids with electrolytes
Bottled water	Cleaning agents
Canned or jarred baby food and formula	Flashlight and extra batteries
Pet food	First aid kit
Other non-perishable items	Portable radio
	Manual can opener
	Garbage bags
	Tissues, toilet paper, disposable diapers

### For further information:

- [www.njflupandemic.gov](http://www.njflupandemic.gov)
- [www.pandemicflu.gov](http://www.pandemicflu.gov)
- The Centers for Disease Control and Prevention Hotline  
1-800-CDC-INFO (1-800-232-4636) English and Spanish  
24 hours a day, 7 days a week. TTY: 1-888-232-6348.  
Questions can be e-mailed to [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov).

Adapted from U.S. Department of Health and Human Services and the American Red Cross

October 2007