

# Getting ready for a flu pandemic

## Emergency Supplies Kit

### Be Prepared with emergency supplies items

- First Aid kit
- Have extra supplies of paracetamol or ibuprofen for all the family to help relieve aches, pains and high temperatures
- Tissues and plastic bags for used tissues
- Torches and spare batteries
- Radio and spare batteries  
Check the batteries every three months.
- A can opener
- A primus or BBQ to cook on  
Don't forget to check the gas bottle.

### Supplies for babies and small children

- Suitable food and drink
- Baby essentials  
eg, nappies and wipes

### Be Prepared with enough food and water for at least 7 days

#### Water

3 litres per person per day

#### Ready to eat canned and dried food

- Meat
- Fish
- Fruit
- Juice
- Vegetables
- Soup
- Pasta sauce

#### Dried and long-life food

- Breakfast cereal
- Milk powder
- Sugar
- Tea/coffee/drinking chocolate
- Soup mix
- Dried vegetables
- Rice/pasta/noodles

#### Snack food

- Snack bars eg, muesli bars
- Crackers
- Biscuits
- Dried fruit
- Nuts
- Spreads
- Pet food, if you have a pet

#### Other

- Toilet rolls
- Soap

Check and renew the food and water every 12 months.

The correct order to use food after an emergency is perishable first, then refrigerated, frozen, finally canned or packet food.

Keep fridge and freezer doors closed as much as possible if power has failed or is switched off, to keep food chilled for as long as possible.

