

# Getting ready for a flu pandemic

Regional Public Health  
Better Health For The Greater Wellington Region



# Preparing your Household for a flu pandemic

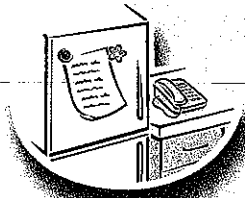
## Contact Numbers

Healthline: 0800 611 116

AVN Flu: 0800 286 358

GP: \_\_\_\_\_

Others: \_\_\_\_\_



Website: [www.moh.govt.nz/pandemicinfluenza](http://www.moh.govt.nz/pandemicinfluenza)

## Who will I/we need to help?

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## What do I/we need to be storing?

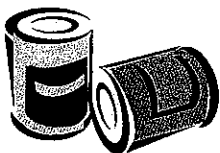
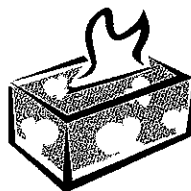
Paracetamol or ibuprofen  
7 to 10 day supply per person

Tissues/toilet paper extra supply

Cough syrups/throat lozenges for each person

Food/fluids 7 to 10 day supply

Regular medication supply



SEE MINISTRY OF HEALTH'S GETTING READY FOR A FLU PANDEMIC EMERGENCY SUPPLIES KIT INFORMATION SHEET

## Family name:

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## Address:

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## Who will help me or my family if I/we are sick?

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(Display on your fridge)

# Getting ready for a flu pandemic

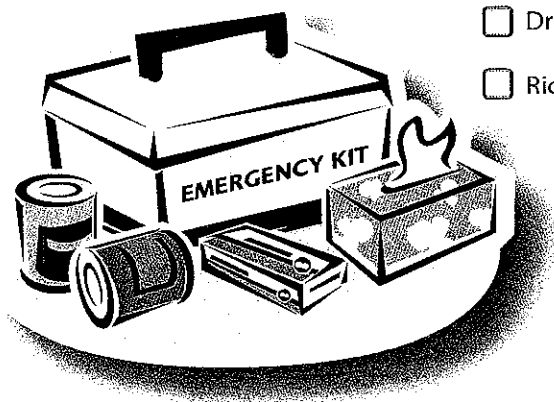
## Emergency Supplies Kit

### 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.

## The Difference between the Influenza and a Common Cold

SYMPTOM	INFLUENZA	COMMON COLD
Fever	Usual, sudden onset 38°-40° and lasts 3-4 days.	Rare
Headache	Usual and can be severe	Rare
Aches and pains	Usual and can be severe	Rare
Fatigue and weakness	Usual and can last 2-3 weeks or more after the acute illness	Sometimes, but mild
Debilitating fatigue	Usual, early onset can be severe	Rare
Nausea, vomiting, diarrhoea	In children over 5 years	Rare
Watering of the eyes	Rare	Usual
Runny, stuffy nose	Rare	Usual
Sneezing	Rare in early stages	Usual
Sore throat	Usual	Usual
Chest discomfort	Usual and can be severe	Sometimes, but mild to moderate
Complications	Respiratory failure; can worsen a current chronic condition; can be life threatening	Congestion or ear-ache
Fatalities	Well recognised	Not reported
Prevention	Influenza vaccine; frequent hand-washing; cover your cough	Frequent hand-washing, cover your cough

# Stop the spread of flu germs

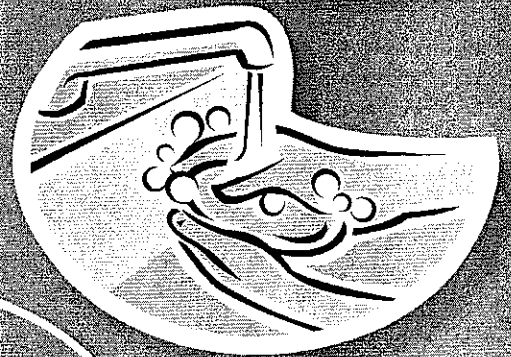
**Cover** your mouth and nose with a tissue when you cough or sneeze



Put your used tissue in the **rubbish bin** or in a plastic bag



**Wash and dry** your hands often, especially after coughing or sneezing – use soap



**Stay away** from others if you're sick



[www.moh.govt.nz/pandemicinfluenza](http://www.moh.govt.nz/pandemicinfluenza)

**Protect your family/whānau from inFLUenza**

The Ministry of Health acknowledges the work of Regional Public Health Officers, Capital & Coast District Health Board and Hutt Valley District Health Board in producing this material.

**MINISTRY OF HEALTH**  
MANATU HAUORA