

Pandemic/Biological

Before

- ✓ Make a plan with your family on where you will stay during a pandemic or biological attack
- ✓ Gather supplies
 - In addition to basic food, water, and medical supplies:
 - Prescription and non-prescription drug supply- one month
 - Heavy duty garbage bags
 - Sanitation supplies such as toilet paper, paper towels, baby wipes, and feminine hygiene supplies)
 - Entertainment
 - Pandemic kits that contain protective clothing (ex:QuakeKare Deluxe Pandemic Flu)
 - Extra N95 masks (3M 1860 Health Care N95 Particulate Respirator Mask)
 - Nitrile gloves (Dynarex Black Nitrile Exam Gloves, Heavy-Duty, Powder Free)
 - Safety goggles with an elastic band to ensure a snug fit
 - Antibacterial cleaners such as disposable wipes, bleach, and spray cleaners
 - Antibacterial hand sanitizer (Purell Pump Bottle, Original, 8 Ounce (Pack of 12)
 - Protective suit
- ✓ Practice good health habits: sufficient sleep, be physically active, manage stress, drink lots of fluids, and eat nutritious foods.

During

- ✓ Limit close contact with people who are sick
- ✓ STAY HOME
- ✓ Cover mouth and nose when coughing or sneezing
- ✓ Wash hands often
- ✓ Avoid touching eyes, mouth or nose to limit spread of germs
- ✓ If family member becomes ill;
 - Build a sick room
 - Isolate room with heavy duty plastic sheeting to go over doors, windows, or other airborne entry points
 - Have a portable toilet in case a toilet is not attached to room
 - Disposable trash bags
 - Hand sanitizer

During & After

Clean up

1. All tissues, utensils, equipment, bedding, and clothing in contact with the sick person should be handled as if the germs of the illness were on them. Dishes and equipment should be washed in hot soapy water or wiped with 10% bleach or other disinfectant.
2. Use disposable dishes when possible so they can be discarded in garbage bags in the sick room.
3. Place all used tissues directly into a zip-loc plastic bag that can be closed at the top before leaving the sick room.
4. Gently fold or roll clothing and bedding into a plastic bag, being careful not to shake them, possibly releasing the germs into the air. Clothing and bedding should be washed in hot water.
5. Clean items in the room with a 10% bleach solution (made by combining 1 ounce of bleach with 9 ounces of water) or other disinfectant. Clean bathroom faucets and sink with 10% bleach or disinfectant wipes after the sick person has used them.
6. Wash your hands or use an alcohol-based cleaning solution (Purell) on your hands every time you leave the room