

# Before and During a Pandemic

## Before a Pandemic

- Store a two-week supply of water and food.
- Periodically check your regular prescription drugs to ensure a continuous supply in your home.
- Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- Get copies and maintain electronic versions of health records from doctors, hospitals, pharmacies, and other sources and store them, for personal reference. Get help accessing electronic help records: <https://www.healthit.gov/topic/health-it-initiatives/blue-button>.
- 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.

## During a Pandemic

Limit the spread of germs and prevent infection:

- Avoid close contact with people who are sick.
- When you are sick, keep your distance from others to protect them from getting sick too.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- Washing your hands often will help protect you from germs.
- Avoid touching your eyes, nose, or mouth.
- Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

## Further Information

The Centers for Disease Control (CDC) has a page on pandemic planning and preparedness resources here: <https://www.cdc.gov/flu/pandemic-resources/planning-preparedness/index.html>.

U.S. Federal Emergency Management Agency (FEMA), Ready.gov. (Updated 2019, December 20). *Pandemic*. Retrieved January 23, 2020, from <https://www.ready.gov>

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Disclaimer: This document is intended for general information only. It does not provide the reader with specific direction, advice, or recommendations. You may wish to contact an appropriate professional for questions concerning your particular situation.

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