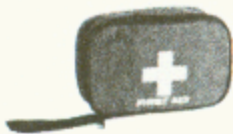


# Create a Pandemic Flu Emergency Kit

During a pandemic, many people could be sick --some of them seriously. In most cases, people would have to care for themselves in their homes. **This makes being prepared even more important.** Because everyday life may be different and services could be disrupted, make sure you have the following items in your emergency preparedness kit.

## Store food, water and other essentials.

- At least two weeks worth of food and water. This should be food that does not require refrigeration like canned meats, beans, soups, peanut butter and granola bars.
- Extra cash (ATMs may not be available).
- Include supplies for those with special needs.
- Remember to have extra food and medications for your pet.
- Keep basic emergency supplies handy, such as a flashlight, portable radio and batteries.



## Store medical and health supplies.

- At least two weeks worth of your prescription medicines.
- Two weeks worth of non-prescription medicines like ibuprofen (Advil) or acetaminophen (Tylenol) and cough and cold medicines.
- Soap and water, and alcohol-based hand cleaner.
- Tissues and trash bags.



Austin/Travis County Health &  
Human Services Department



For more information about pandemic flu,  
visit [www.cityofaustin.org/pandemicflu](http://www.cityofaustin.org/pandemicflu), call the  
Pandemic Flu information line at 512-972-7111,  
or email [pandemicflu@ci.austin.tx.us](mailto:pandemicflu@ci.austin.tx.us).