

# 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 non-prescription 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.
- Talk with family members and loved ones about how they would be cared for if they got ill, 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 unwell.
- When you are ill, keep your distance from others to protect them from getting ill too.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from becoming unwell.
- 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.

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