

**FAMILY EMERGENCY  
HEALTH INFORMATION**

It is important to think about health issues that could arise for you and your family if a pandemic occurs.

For example, if you need to seek medical help, you may need to provide information about medical history, allergies or serious medical conditions.

Record and keep in a safe, accessible place the following information for each family member:

- Blood type
- Allergies, past/current medical conditions
- Current medication and dosages

**OTHER EMERGENCY  
CONTACT INFORMATION**

It is important to be prepared with other emergency contact numbers should the pandemic flu affect you or your family.

We recommend that you keep the following numbers handy:

For immediate family –

- Cell
- Work
- School or Day Care Provider
- Local extended family contact numbers
- Out-of-State Family Contact Numbers
- Employer
- Family Physician(s)
- Pharmacy
- Local Hospital
- Clergy
- Veterinarian

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**PREPARING YOUR  
FAMILY FOR A  
PANDEMIC**



**Rhode Island  
Department of  
Behavioral  
Healthcare,  
Developmental  
Disabilities &  
Hospitals**

## **FAMILY PREPAREDNESS FOR A PANDEMIC**

You can prepare for a pandemic now. You should know both the magnitude of what can happen during a pandemic outbreak and what actions you can take to lessen the impact on you and your family. Planning now should be helpful in preparing for other natural or human- caused disasters.

### **PLAN NOW**

- Have a supply of water and food. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies, such as power outages and disasters.
- If you have children or are responsible for caring for elderly relatives, make care plans that include at least 2-3 alternatives. Schools, child and elderly day care providers are likely to be closed. If your family is not sick, your employer may expect you to report to work.

- Ask your doctor and insurance company if you can get an extra supply of your family's regular prescription medications.
- Talk with family members and loved ones not living in your home about how they will be cared for should they get sick or what will be needed to care for them in your home.

### **LIMIT THE SPREAD OF GERMS AND PREVENT INFECTION**

Be a model for your family and teach your children and family members:

- Wash their hands frequently with soap and water
- Cover mouths when coughing and sneezing with a tissue and throw it away immediately
- If tissues are not available, cough or sneeze into their arm and never cover their mouth with their hands
- If sick, stay away from others as much as possible

**Remember, if you are sick,  
stay home; should your  
symptoms worsen - contact  
your healthcare provider**

## **Stock Up on Supplies For Extended Home Stays**

### **Food and Non-Perishables**

- Ready-to-eat canned meats, tuna, fruits, vegetables and soups
- Protein or fruit bars
- Dry cereal or granola
- Dried fruit
- Bottled water
- Crackers
- Canned juices
- Canned or jarred baby food and formula
- Pet food

### **Supplies for Medical, Health and Emergency**

- Prescribed medical supplies such as glucose and blood pressure monitoring equipment
- Soap and water or alcohol- based hand wash
- Over-the-counter medicines for fever, colds, cough, stomach upset, diarrhea
- Thermometer
- Vitamins
- Fluids with electrolytes
- Cleansing agents/soap
- Flashlight/Batteries
- Manual can opener
- Garbage bags
- Paper supplies—tissues, toilet paper, disposable diapers