
FACTSHEET

August 21, 2009

Ministry of Healthy Living and Sport
Ministry of Health Services

PREPARING A PANDEMIC EMERGENCY KIT

Here are some supplies recommended to address any emergency situation, with additional suggested supplies for a pandemic.

General Supplies

- flashlight and batteries (in case the lights go out)
- radio and batteries or crank radio (so you can listen to news bulletins)
- spare batteries (for radio and flashlight)
- first aid kit
- candles and matches/lighter
- extra car keys and cash (including coins/cards for telephone)
- important papers (identification for everyone, personal documents)
- food and bottled water (See "food list" below)
- clothing and footwear (one change of clothes per person)
- blankets or sleeping bags (one blanket or sleeping bag per person)
- toilet paper and other personal supplies
- whistle (in case you need to attract someone's attention)
- playing cards, games, books

For babies and toddlers

- diapers
- bottled milk
- toys
- crayons and paper

For other family members

- prescription medication and copies of prescriptions
- extra eye glasses
- dog or cat food for your pets

Emergency food and water kit

Be sure to have at least a three-day supply of food and water on hand. Choose ready-to-eat foods that your family likes and that don't need refrigeration. Also, be sure to replace canned food and dry goods once a year.

- Store enough for up to four litres per person, per day. Two litres will be enough for drinking and two can be used for food preparation, hygiene and dishwashing.
- Keep enough food to last your family at least 72 hours, such as:
 - canned food (soups, stews, baked beans, pasta, meat, poultry, fish, vegetables, fruits)

- crackers and biscuits
- honey, peanut butter, syrup, jam, salt and pepper, sugar, instant coffee, tea, etc.

Equipment

- knives, forks, spoons
- disposable cups and plates
- manual can opener and bottle opener
- waterproof matches and plastic garbage bags
- fuel stove and fuel (follow manufacturer's instructions)

Additional Emergency Supplies for a Pandemic

- thermometer
- an additional two litres of water for each person in your household — people with influenza may require more hydration
- fluids with electrolytes
- simple surgical masks
- medications, including those for headaches, fever and cough
- If you are at a higher risk, talk to your doctor and get prescribed antivirals pre-emptively for use in the event you show H1N1 flu symptoms.
- Plan ahead to find a “flu buddy” to assist them in accessing medication when they are ill and unable to travel. Offer to be a flu buddy to vulnerable people.

You can call [HealthLink BC](#) at 8-1-1, 24 hours a day/seven days a week to speak to a nurse if you have more questions or are concerned about any illness/symptoms experienced by you or your children.

For the latest facts on the H1N1 flu virus, including back-to-school information, visit www.gov.bc.ca/h1n1.

