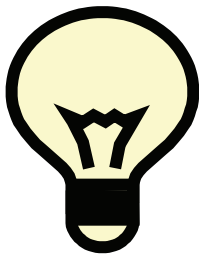


Tips for preparedness

2 weeks worth of food, water and supplies are recommended during a public health crisis like a pandemic flu.

Slowly stockpile your items by adding 1-2 items to your regular grocery list per week. Try to buy items that do not expire too soon. Rotate your pantry items every few weeks so that you are using up items which will expire soon. Rice, pasta, jars of sauce, and canned vegetables are all items which can last a long time in the pantry.

Please don't forget to make the same plans for your family pets.



This publication authored by Mirine R. Dye, MPH, CHES, CLE as a Public Health Preparedness research project with Florida International University, Stempel School of Public Health. All rights reserved. ©2007

For more assistance with pregnancy and how to care for a newborn, contact the

Florida Keys Healthy Start Coalition
305-293-8424

www.KeysHealthyStart.org



Pandemic Preparedness for Mothers



What you need to know to care for yourself and your family



Florida Keys leaders are planning for pandemic flu. Are you?



What is Pandemic Flu?

Pandemic "Flu" is different from the regular winter-time flu.

Winter flu has a vaccine.

You may have heard about "Bird Flu" or "Avian Flu". Health officials warn that this could become the next pandemic flu.

Pandemic Flu has no vaccine yet. It is more serious and will mean that most health care must be done at home. Use this guide to help you know what you need to know and learn about to help keep your family cared for during a pandemic flu.

Mothers know how to take charge

Mothers are already the experts in caring for the family. We want to make sure mothers have all the information they need to help themselves in a time of health crisis.

Start with this checklist

Pregnant women, and families with small children need to take extra care when making a family preparedness plan. This is not a complete list of items, but it can get you started thinking about preparing for a health crisis.

Consider where you would give birth if hospitals are closed. There may be alternative birth centers or you may have to give birth at home. Keep your prenatal care passport with you in the event you have to give birth away from your regular caregiver.

Schools may be closed for up to 12 weeks, consider who will care for your children if you can still work.



Preparedness Checklist for Mothers

Pregnant Women

- Keep a copy of your prenatal care record with you
- Have an emergency birth kit at home
- Talk to your doctor about antiviral drug/3rd trimester vaccine

Children

- Check with schools about possible closures
- 2 weeks of foods that your child will eat well
- Over-the-counter children's flu remedies

Babies under age 1

- Plan to breastfeed. This helps protect baby from germs.
- Keep 2 weeks of ready-to-feed formula if baby will be formula fed
- Keep 2 weeks of ready to eat baby foods

Supplies

- First aid kit
- Hygiene products; tissues, hand sanitizing gel
- Extra fluids such as Pedialyte or sports drinks

Family Plan Notes:

