

## CHECKLIST – ITEMS TO STOCKPILE FOR AN EXTENDED STAY AT HOME

For most emergencies, experts recommend that you stockpile enough food and essential supplies for three days (72 hours).

When planning for a pandemic, however, services will likely be disrupted for a longer period of time (perhaps for an entire pandemic “wave”). You and your family should consider stockpiling the following types of supplies in preparation for a possible pandemic. This list is not meant to be exhaustive and additional items may be considered.

<input type="checkbox"/> <b><u>Stockpile emergency food supplies including:</u></b> <ul style="list-style-type: none"><li>• Canned goods (e.g., tuna, salmon, sardines, ham, pasta, vegetables, fruits, baby food and formula [if necessary])</li><li>• Packaged goods (e.g., macaroni and cheese, crackers)</li><li>• Instant foods (soup mixes, cereals, powdered milk, energy/granola/fruit bars)</li><li>• Staples (e.g., salt, pepper, peanut butter, honey, jam, ketchup, tea, coffee)</li><li>• Pet food</li></ul>	<input type="checkbox"/> <b><u>Store adequate supplies of all relevant health/hygiene materials:</u></b> <ul style="list-style-type: none"><li>• Soap and/or alcohol-based hand wash</li><li>• Thermometer</li><li>• Tissues</li><li>• Disposable diapers (if necessary)</li><li>• Household cleaning supplies</li></ul>
<input type="checkbox"/> <b><u>Store a substantial supply of bottled water for cooking, drinking, and first aid (mild sanitation usages could also be considered):</u></b> <ul style="list-style-type: none"><li>• 1-2 week supply is recommended (e.g., 3 litres/day/person)</li></ul>	<input type="checkbox"/> <b><u>Consider the following supplies/resources/actions:</u></b> <ul style="list-style-type: none"><li>• Manual can opener</li><li>• Portable radio, extra batteries</li><li>• Warm blankets, pillows</li><li>• Sufficient cash</li><li>• Ensure fuel in vehicle(s) topped up</li></ul>
<input type="checkbox"/> <b><u>Store supplies of all relevant non-prescription medications:</u></b> <ul style="list-style-type: none"><li>• Acetaminophen and/or ibuprofen</li><li>• Cough and cold pills/syrups</li><li>• Stomach remedies</li></ul>	<input type="checkbox"/> <b><u>Put together a comprehensive first aid kit, which should include:</u></b> <ul style="list-style-type: none"><li>• First aid book</li><li>• Bandages</li><li>• Scissors</li><li>• Antibiotic ointment</li><li>• Pre-moistened towelettes</li><li>• Tweezers</li><li>• Masks</li><li>• Disposable gloves</li></ul>
<input type="checkbox"/> <b><u>Contact your doctor and discuss your family's ability to maintain an extra supply of regular prescription medications.</u></b>	<input type="checkbox"/> <b><u>Have additional light sources on-hand in case of power outages:</u></b> <ul style="list-style-type: none"><li>• Flashlight and extra batteries</li><li>• Lighters/waterproof matches and candles</li><li>• Camping lanterns with extra fuel</li></ul>