

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