

## Precautionary Measures

If there were a pandemic, one should prepare for city services to be interrupted, hospitals overwhelmed, and grocery stores out of stock. You will need acquire extra supplies to minimize the need to “go shopping”. Based on what is happening in China, a **2-week supply** would be the minimum to obtain. More is better, but anything is better than nothing. It seems that electric and water utilities have been maintained in China, so it would be reasonable to expect them to be maintained here. However, if any of the utilities went down, it will take much longer than normal to recover. As they say, it is better to plan for the worst, and hope for the best.

- **Water**—minimum stock one gallon per person per day. In times of illness, you will need more!
- Over the counter, essential prescriptions for a month (Discuss your options with your doctor).
- First aid supplies (for typical non life threatening needs since you will want to avoid hospitals)
- Disposable gloves
- Masks. Masks are helpful, but standard surgical masks don't do much to fight the flu, because the virus is small enough to pass through. The CDC writes in its H1N1 flu advisory, “facemasks help stop droplets from being spread by the person wearing them. They also keep splashes or sprays from reaching the mouth and nose of the person wearing them. They are not designed to protect against breathing in the very small particle aerosols that may contain viruses.” Therefore, the **N95 respirator** is necessary to be minimally effective. It must also be worn correctly. (YouTube videos are available to show you how). These are currently almost impossible to obtain.
- **Household Bleach**
- Cleansing wipes
- Hand sanitizer
- Soap
- **Non-perishable food** (2-week supply or more)
- Manual can opener
- Blankets
- Flashlights
- Batteries
- Radio
- Plastic sheeting and duct tape (to erect air barriers if needed to separate people)
- Garbage bags with ties
- Matches, lighter or other fire starter
- Emergency cash
- List of emergency contacts
- Copy of important documents
- Copy of your health records