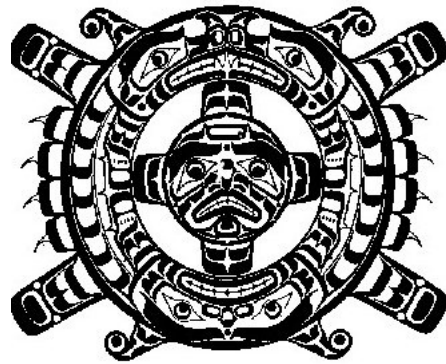


# Family Emergency Mini Plan Caring for Our Own



**BEING PREPARED MAKES SENSE!**



# INFLUENZA PROTECTION



## WASH YOUR HANDS

Teach children to wash with soap and water by being a good role model.

This is especially important after you have been in contact with someone who has a cold or the **influenza**.

It is also important that you wash your hands after being around children; as influenza is easily spread by children in the community.

It is vital to keep your hands away from your eyes, nose and mouth since the influenza virus can enter the body through these openings.

### ***When to Wash Hands (prevent re-infecting)***

- *Before, during and after you prepare food*
- *After sneezing, coughing or blowing your nose*
- *Before eating*
- *After touching your eyes, ears, nose or mouth*
- *After using the washroom*



### How to wash your hands properly

- 1** Wet your hands
- 2** Liquid soap
- 3** Lather and scrub - 20 sec
- 4** Rinse - 10 sec
- 5** Dry your hands
- 6** Turn off tap

**DON'T FORGET TO WASH:**

- between your fingers
- under your nails
- the tops of your hands

## TO DISINFECT AT HOME (Influenza Protection)

### DISINFECTING MIX:

1 teaspoon of bleach and 2 cups of water

Chairs	Bathroom	Telephone
Water Faucets	Countertops	Toys
Garbage Cans	Fridge Doors	Door Knobs
Crib Handles	Keyboard & Mouse	Light Switches
Tables	Cupboard doors & Handles	

Clean the following surfaces with disinfecting mix:

- Leave bleach solution on surface for at least 20 minutes
- Let air dry and do not forget underneath surfaces

### Virus Facts

The flu virus survives on:

- Hands—5 minutes
- Clothes, paper, tissues & hard surfaces—24-48 hours



**TIP**—it is best to cough in the crook of your arm; if you cough into your hands it is very easy for the virus to be transferred to other objects i.e. door handles etc.

### How do I know when to call the Doctor?

8-1-1 is a free-of-charge health information and advice phone line available in British Columbia. The 8-1-1 phone line is operated by HealthLink BC, which is part of the Ministry of Health. You can speak to a health services representative, who can help you find health information and services; or connect you directly with a registered nurse, a registered dietitian or a pharmacist. Any of these healthcare professionals will help you get the information you need to manage your health concerns, or those of your family.

### If you have one or more of these systems call your doctor:

- You become short of breath while resting or doing very little or breathing is difficult or painful
- You are wheezing
- You have started to feel better and suddenly you get a high fever and start to feel sick again
- You have had a fever for 3 or 4 days and not getting better

Signs of flu include fever (higher than 38c or 100.4 F)/dry cough/aching body do not feel like getting out of bed.

Take care of yourself get plenty of rest and lots of fluids, Tylenol or ibuprofen is recommended to help bring down the fever and aid with pain. Please use wisely and follow package directions. **Stay at home and protect yourself and others!**

## 72 HOURS ARE YOU PREPARED?

### Make a kit

It is recommended that you keep a disaster preparedness kit in your home with enough supplies to meet your family's needs for at least 72 hours. Be prepared in event of an emergency; by taking the time now to store food, water and other supplies for your family

It is important to store these supplies together in a sturdy and easy-to-carry bag or tote which can easily be used in an emergency situation.

- **Water:** During an emergency, tap water can become polluted or supply may be cut off. Individuals should store two litres of drinking water and two liters of water for washing per person, per day. A 72 hour supply should also always be kept on hand for family members and pets. It is important to rotate your water supply and add fresh water to your kit once a year.
- It is also recommended to listen to public announcements about treating the water in an affected area after a disaster.
- **Food:** Store at least a 72 hour supply of non-perishable food for each person. Select foods that are compact and lightweight, non-perishable and require no refrigeration, cooking, preparation or added water. Once a year, check the expiration dates of your food items. Ensure that there is enough for each member of your family.
- **\*\*\*\*\*Medication (a reserve supply of medication is needed)\*\*\*\*\***
- Manual can opener
- Crank or battery-operated flashlight, with extra batteries
- Crank or battery-operated radio, with extra batteries
- Extra keys, for house and car
- First aid kit (**very important**)
- Cash in small bills
- **Special needs items (medications, infant formula)**
- Personal hygiene items
- Important family documents (copies of birth and marriage certificates, passports, licenses, wills, land deeds and insurance)
- Copy of your emergency plan



### Additional items to consider

- Change of clothing and footwear for each person
- Plastic sheeting
- Scissors or pocket knife
- Whistle
- Hand sanitizer
- Pet food and pet medication
- Garbage bags and twist ties



## 72 HOURS—IS YOUR FAMILY PREPARED? cont.

### Additional items to consider cont.

- Change of clothing and footwear for each person
- Plastic sheeting
- Scissors or pocket knife
- Whistle
- Hand sanitizer
- Pet food and pet medication
- Garbage bags and twist ties
- Toilet paper
- Multi-tool or basic tools (hammer, wrench, screwdriver, etc.)
- Duct tape
- Sleeping bag or warm blanket for each person

### Vehicle emergency preparedness kit

A vehicle emergency preparedness kit is an important part of winter safety. Emergencies can happen at any time. Be prepared to help yourself and your family if you are ever stuck in your vehicle for an extended period of time. In addition to your emergency preparedness kit, it is recommended that you keep these items in your car:

- Food (non-perishable)
- Water
- Shovel and ice scraper
- Blanket
- Extra clothing and shoes
- Crank or battery operated flashlight, with extra batteries
- Road flares
- Work gloves
- Sand, salt or kitty litter
- De-icer (methyl hydrate)
- Windshield washer
- Jumper cables



## FAMILY EMERGENCY CONTACT INFORMATION

Home Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Family Doctor: \_\_\_\_\_

Number of people in the home: \_\_\_\_\_

Under 2 years \_\_\_\_\_ Over 65 years \_\_\_\_\_

Chronic Illness \_\_\_\_\_ Disability \_\_\_\_\_

Please list Names of family members in home:

Names	Ages	Special Needs

### Emergency Contact Information:

Last name: \_\_\_\_\_ First name: \_\_\_\_\_

Address: \_\_\_\_\_ Phone/cell: \_\_\_\_\_

### Immediate Family Contact Information:

Last name: \_\_\_\_\_ First name: \_\_\_\_\_

Address: \_\_\_\_\_ Phone/cell: \_\_\_\_\_

### Immediate Family Contact Information:

Last name: \_\_\_\_\_ First name: \_\_\_\_\_

Address: \_\_\_\_\_ Phone/cell: \_\_\_\_\_

NOTE: THIS INFORMATION WILL ONLY BE USED IF YOU ARE NOT ABLE TO SPEAK FOR YOURSELF. **PLEASE POST THIS ON YOUR FRIDGE** FOR EASE OF ACCESS.