

Emergency Preparedness Kit

Gather the following items to have on hand for an extended stay at home:

- √ Ready-to-eat canned meats, fish, fruits, vegetables, beans, and soups
- √ Protein or fruit bars
- √ Dry cereal or granola
- √ Peanut butter or nuts
- √ Dried fruit
- √ Crackers
- √ Canned juices
- √ Bottled water (one gallon per day per person)
- √ Canned or jarred baby food and formula
- √ Pet food
- √ Other non-perishable items
- √ Prescribed medical supplies such as glucose and blood-pressure monitoring equipment
- √ Soap and water, or alcohol-based (60-95%) hand wash
- √ Medicines for fever, such as acetaminophen or ibuprofen
- √ Thermometer
- √ Anti-diarrhea medication
- √ Vitamins
- √ Fluids with electrolytes
- √ Cleansing agent/soap
- √ Flashlight
- √ Batteries
- √ Portable radio, manual can opener, garbage bags, tissues, toilet paper, disposable diapers

Local Health Departments

Caroline County

1702 Richmond Turnpike
P.O. Box 6
Bowling Green, VA 22427
TEL: (804) 633-5465
FAX: (804) 633-5128

Fredericksburg City

608 Jackson Street
Fredericksburg, VA 22401
TEL: (540) 899-4142
FAX: (540) 899-4480

King George County

Village Center
P.O. Box 92
King George, VA 22485
TEL: (540) 775-3111
FAX: (540) 775-3109

Spotsylvania County

9104 Route 208
Holbart Building
P.O. Box 126
Spotsylvania, VA 22553
TEL: (540) 507-7400
FAX: (540) 582-2572

Stafford County

Courthouse Complex
1300 Courthouse Road
P.O. Box 27
Stafford, VA 22555
TEL: (540) 659-3101
FAX: (540) 659-7176



Rappahannock Area
Health District

What you should know about Pandemic Flu



[www.vdh.virginia.gov/lhd/rappahan/
rappahan.asp](http://www.vdh.virginia.gov/lhd/rappahan/rappahan.asp)

(540) 899-4797

What is pandemic flu?



Pandemic influenza is a global outbreak of disease that occurs when a new influenza A virus appears in

humans, causes serious illness and then spreads easily from person to person worldwide. Three major influenza pandemics swept the globe in the 20th century causing millions of deaths, and no one knows for sure when the next pandemic may strike. The Rappahannock Area Health District and local governments are working together to plan for the complex issues and serious impact that a new influenza pandemic could cause in our area.

What is Avian Flu?

Avian influenza, commonly known as bird flu, refers to a large group of different influenza viruses that primarily affect birds. Wild birds can carry the viruses, but usually do not get sick from them. However, some domesticated birds, including chickens, ducks and turkeys can become infected, and will often die from the virus. Each year, there is a flu season for birds just as there is for humans and, as with people, some forms of the flu are worse than others.

On rare occasions, these avian flu viruses

can infect other species, including humans. The vast majority of avian flu viruses do not infect humans. H5N1, the strain of Avian Flu currently affecting countries in the Middle East, Europe and Asia, has the potential to develop into a human pandemic, since it might ultimately adapt into a strain that is spread easily from person to person. Once this adaptation occurs, it will no longer be a bird virus — it will be a human influenza virus.

What should you be doing?

You can protect yourself against the spread of flu and other germs and viruses by:

- Covering your nose and mouth with a tissue when coughing or sneezing
- Washing hands thoroughly and often
- Avoiding touching eyes, nose or mouth
- Staying home when you are sick



For more information:

Virginia Department of Health
<http://www.vdh.virginia.gov/pandemicflu/>

Virginia Department of Emergency Management
<http://www.vaemergency.com/>

Planning Checklist

To plan for a pandemic:

- Store a two week supply of water and food. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand.
- Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.
- Volunteer with local groups to prepare and assist with emergency response.
- Get involved in your community as it works to prepare for an influenza pandemic.

To limit the spread of germs and prevent infection:

- Teach your children to wash hands frequently with soap and water, and model the correct behavior.
- Teach your children to cover coughs and sneezes with tissues, and be sure to model that behavior.
- Teach your children to stay away from others as much as possible if they are sick.
- Stay home from work and school if sick.