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Preparatory Checklist for Potential H1N1 Outbreak

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Photo Jennifer Wake

With the uncertainty about the number and severity of H1N1 Swine Flu infections expected among school children this fall, Lamorinda school districts have been proactive. Letters from district superintendents blanketed parents' e-mails with ways to increase hygiene and reduce the spread of the virus should an outbreak occur. But how should parents prepare at home for a possible outbreak? According to the Contra Costa Health Services Web site, preparations can include something as simple as talking with employers about possible telecommuting options to keeping basic food and medical supplies on hand. The following is a sampling of items the Contra Costa Health Services suggests:

- Medicines for fever such as acetaminophen or ibuprofen
- Prescribed medical supplies such as glucose and blood pressure monitoring
- Thermometer, tissues, toilet paper and disposable diapers (if needed)
- Bottled water, canned juices and fluids with electrolytes, such as Pedialyte(r)
- Ready to eat canned meats, vegetables, fruits, soups
- Manually-operated can opener
- Crackers, dried fruit, nuts, peanut butter and jelly
- Baby formula or jarred baby food (if needed)
- Pet food (if needed)
- Garbage bags, flashlight with extra batteries, portable radio with extra batteries

Learning materials, such as books, school supplies, and educational computer activities and movies
Puzzles, books, crosswords, crafts and recreational activities that your child can do at home

For a more detailed list, as well as tips on how to talk to your children about H1N1, visit the CC Health Services Web site at: http://www.cchealth.org/topics/pandemic_flu/school_action_kit/tips_for_parents.pdf or www.flu.gov.

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