



Home Supplies Check List

Planning now will make it easier for you and your family during an emergency. One simple action you can take is to stock up on supplies. This will make it easier to stay at home for an extended period of time and will be helpful in the event that you are unable to get to a store (or if stores are out of supplies). The Red Cross recommends storing a two-week supply of food and water in the event of a pandemic flu.

Examples of food and nonperishables

- 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; 1 gallon/person/day
- Fluids with electrolytes
- Canned or jarred baby food and formula
- Pet food

Examples of medical, health and emergency supplies

- Prescriptions
- Soap and water, or alcohol-based hand sanitizer
- Medicines for fever, such as acetaminophen or ibuprofen
- Thermometer
- Gloves
- Masks
- Vitamins
- Flashlight
- Batteries
- Portable radio
- Manual can opener
- Garbage bags
- Bleach
- Tissue, toilet papers, disposable diapers
- Personal documents, contact info

These supplies can also be useful in other types of emergencies, such as power outages.

For more information on pandemic flu planning, visit www.redcrossstl.org.