

# New Jersey is preparing for a flu pandemic.

## You should too.



- Have a family emergency plan.



- Practice healthy habits.



- Keep informed & listen to advice from medical experts.

The New Jersey Department of Health and Senior Services has been preparing for a possible flu pandemic, a worldwide flu that could threaten the lives of millions. Follow these steps to protect yourself and those around you. Visit [www.NJflupandemic.gov](http://www.NJflupandemic.gov) for useful information on how to prepare for a flu pandemic.

### Get flu ready, New Jersey



Fred M. Jacobs, M.D., J.D.  
Commissioner



Jon S. Corzine  
Governor



new jersey  
department of health and senior services

Family Emergency Health Information Sheet

[www.nj.gov/health](http://www.nj.gov/health)



new jersey  
department of health and senior services

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It is important to think about health issues that could arise if an influenza pandemic occurs, and how they could affect you and your loved ones. For example, if a mass vaccination clinic is set up in your community, you may need to provide as much information as you can about your medical history when you go, especially if you have a serious health condition or allergy. Create a family emergency health plan using this information. Fill in information for each family member in the space provided. Like much of the planning for a pandemic, this can also help prepare for other emergencies.

#### 1. Family Member Information:

Family Member	Blood Type	Allergies	Past/Current Medical Conditions	Current Medications/ Dosages

#### 2. Emergency Contacts:

Contacts	Name/Phone Number
Local personal emergency contact	
Out-of-town personal emergency contact	
Hospitals near: Work	
School	
Home	
Family physician(s)	
State public health department (See list on <a href="http://www.pandemicflu.gov">www.pandemicflu.gov</a> )	
Pharmacy	
Employer contact and emergency information	
School contact and emergency information	
Religious/spiritual organization	
Veterinarian	

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 To get prepared, start here →

**Pandemic Influenza - Get Informed. Be Prepared.**

Montgomery Township, your local Health Department, and the Office of Emergency Management are preparing for a possible influenza pandemic. The Centers for Disease Control and New Jersey Department of Health are urging communities nationwide to get prepared. We can't predict how severe the next pandemic will be or when it will occur, but being prepared may help lower the impact of an influenza pandemic on you and your family.

An influenza (flu) pandemic is a worldwide outbreak of flu disease that occurs when a new type of influenza virus appears that people have not been exposed to before. The pandemic virus can cause serious illness because people do not have immunity to the new virus. Pandemics are different from seasonal outbreaks of influenza that we see every year. A pandemic will last much longer than most flu outbreaks and may include "waves" of influenza activity that last 6-8 weeks separated by months. Public health officials will not know how severe a pandemic will be until it begins.

The effects of a pandemic can be lessened if you prepare ahead of time. As you plan for an influenza pandemic, think about the challenges you might face, particularly if a pandemic is severe:

- Essential Services You Depend on May Be Disrupted
- Food and Water Supplies May Be Interrupted and Limited
- Being Able to Work May Be Difficult or Impossible
- Schools and Daycare Centers May Be Closed for an Extended Period of Time
- Medical Care for People with Chronic Illness Could be Disrupted

Keep informed! Additional guidance is available at [www.pandemicflu.gov](http://www.pandemicflu.gov) or [www.NJFluPandemic.gov](http://www.NJFluPandemic.gov)

**Some Differences Between Seasonal Flu and Pandemic Flu**

Seasonal Flu	Pandemic Flu
Caused by influenza viruses that are similar to those already circulating among people.	Caused by a new influenza virus that people have not been exposed to before. Likely to be more severe, affect more people, and cause more deaths than seasonal influenza because people will not have immunity to the new virus.
Symptoms include fever, headache, tiredness, dry cough, sore throat, runny nose, and muscle pain. Deaths can be caused by complications such as pneumonia.	Symptoms similar to the common flu but may be more severe and complications more serious.
Healthy adults usually not at risk for complications (the very young, the elderly, & those with health problems at risk for serious complications).	Healthy adults may be at increased risk for serious complications.
Every year in the United States, on average: <ul style="list-style-type: none"> <li>• 5% to 20% of the population gets the flu;</li> <li>• 200,000+ people are hospitalized from flu complications; and</li> <li>• About 36,000 people die from flu.</li> </ul>	The effects of a severe pandemic could be much more damaging than those of a regular flu season. It could lead to high levels of illness, death, social disruption, and economic loss. Everyday life could be disrupted because so many people in so many places become seriously ill at the same time. Impacts could range from school and business closings to the interruption of basic services such a public transportation and food delivery.



**Pandemic Flu Planning Checklist for Individuals and Families**

[www.nj.gov/health](http://www.nj.gov/health)

You can prepare for an influenza pandemic now. You should know both the magnitude of what can happen during a pandemic outbreak and what actions you can take to help lessen the impact of an influenza pandemic on you and your family. This checklist will help you gather the information and resources you may need in case of a flu pandemic.

**1. To plan for a pandemic:**

- Store a 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. This can be useful in other types of emergencies, such as power outages and disasters.
- 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.

**2. 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.



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**3. Items to have on hand for an extended stay at home:**

Examples of food and non-perishables	Examples of medical, health, and emergency supplies
<input type="checkbox"/> Ready-to-eat canned meats, fruits, vegetables, and soups <input type="checkbox"/> Protein or fruit bars <input type="checkbox"/> Dry cereal or granola <input type="checkbox"/> Peanut butter or nuts <input type="checkbox"/> Dried fruit <input type="checkbox"/> Crackers <input type="checkbox"/> Canned juices <input type="checkbox"/> Bottled water <input type="checkbox"/> Canned or jarred baby food and formula <input type="checkbox"/> Pet food	<input type="checkbox"/> Prescribed medical supplies such as glucose and blood-pressure monitoring equipment <input type="checkbox"/> Soap and water, or alcohol-based hand wash <input type="checkbox"/> Medicines for fever, such as acetaminophen or ibuprofen <input type="checkbox"/> Thermometer <input type="checkbox"/> Anti-diarrheal medication <input type="checkbox"/> Vitamins <input type="checkbox"/> Fluids with electrolytes <input type="checkbox"/> Cleansing agent/soap <input type="checkbox"/> Flashlight <input type="checkbox"/> Batteries <input type="checkbox"/> Portable radio <input type="checkbox"/> Manual can opener <input type="checkbox"/> Garbage bags <input type="checkbox"/> Tissues, toilet paper, disposable diapers