

## **Items to Stockpile for an Influenza Pandemic**

Have at least 1-3 months worth of the following on hand for an extended stay at home

### **Food and Non perishable Items**

- 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 per person per day)
- Canned or jarred baby food and formula
- Pet food and supplies ( flea treatment etc)
- Salt
- Sugar
- Cooking oil
- Multi vitamins
- Dried beans
- Rice
- Instant baby rice cereal (for cereal based oral rehydration solution)

\*When possible, try to purchase foods low in salt (salt dehydrating)

\*For water: 2 quarts for drinking (unless have bottled), 2 quarts for food preparation, sanitation needs.

### **Items for Treatment of Influenza**

Over the counter products to have on hand for home treatment of one person with influenza.

Multiply amounts based on number of persons in household

- Table salt 1 lb
- Table sugar 10 lbs
- Baking soda 6 Oz
- Household bleach 1 gallon
- Tylenol 500 mg 100 tablets
- Ibuprofen 200 mg 100 tablets
- Gravol 50mg 100 tablets
- Benadryl 25mg 60 tablets
- Caffeinated Tea
- Thermometer

## **Recipes**

### **Home made Oral Rehydration Solution**

- 1 level teaspoon of salt
  - 8 level teaspoons of sugar
  - 1 liter (just over 4 cups) of clean drinking water or boiled water when cooled
- Stir ingredients until salt and sugar dissolved. You may add ½ cup orange juice or some mashed banana to improve taste and provide some potassium

### **Home made cereal based Oral Rehydration Solution**

- ½ cup of dry precooked baby rice cereal
- 2 cups water
- Level ¼ teaspoon salt

\*The salt must be measured carefully.

The resulting mixture should be thick, but pourable and drinkable, and it should not taste salty

### **Hydration Maintenance Guidelines based on Age**

#### **Infants** (under 1 year of age)

- Breast milk
- Infant formula
- Store bought oral rehydration solution (Pedialyte)
- Diluted fruit juice (50% water to 50% juice)
- Homemade cereal based oral rehydration solution (see recipe)

#### **Toddlers (1-3 years of age)**

Milk

Pedialyte

Soup broth

Jell-o water ( 1 package per quart of water or twice as much water as usual)

Popsicles

Gatorade

Kool-Aid

Juices

Home made cereal based oral rehydration solution

#### **Children over 3, teens and adults**

- Water
- Soup broth
- Jell-o water
- Popsicles
- Gatorade
- Kool-Aid
- Juices