

# Pandemic Preparation



Take a basic inventory of your food storage that can be used in the event you cannot leave your home (see “Emergency Food” and “Emergency Cooking” guides for additional information).

Social distancing may occur when schools, churches, or businesses close to help prevent the spread of an infectious disease or illness. Make sure that you store appropriate supplies to keep yourself and your family healthy during an epidemic. Rely on electronic communication to avoid contact with infected individuals during the pandemic. For more information and additional resources, visit [utah.gov/beready](http://utah.gov/beready).

- Discuss the principles of good hygiene that help prevent the spread or contraction of infectious diseases. Include the following topics in your discussion:
  - Proper dieting and nutrition
  - Regular exercise
  - Personal hygiene
  - Limiting contact with large crowds
- Store the following items to help prevent illness and sanitize your home:
  - Bleach
  - Medication to reduce fever, flu symptoms (acetaminophen & ibuprofen)
  - Respiratory masks
  - Sports drinks to help restore electrolytes

You can make your own electrolyte drink by mixing:

- 1 quart water
- 1 teaspoon salt
- 1 tablespoon sugar

- Regularly wipe down and disinfect surfaces in your home. Keep a small bottle of hand sanitizer with you to use in public areas
- Get a flu shot each year

Watch 20 to Ready videos at [www.kbyueleven.org/community/20toReady](http://www.kbyueleven.org/community/20toReady)