



Alaska Department of Health and Social Services

Preparing a home care kit for the flu

Most people recover from novel H1N1 and seasonal flu by resting at home. Staying at home if you get sick not only allows you to feel better sooner, but it also helps keep friends, co-workers, classmates, neighbors and others from getting infected.

You can prepare ahead of time by stocking up on everything you need to take care of yourself or loved ones without leaving home, except to seek medical care. Plan now to stay at home later. Many of these supplies will come in handy every day as well as during an illness or emergency.

- An extra supply of special foods, medicine or equipment needed by family members due to their age or chronic illness
- Soap for washing hands
- Alcohol-based hand sanitizer
- Tissue
- Thermometer (you may need different types for people of different ages)
- Fluids: water, fruit or vegetable juices, soups, broths, sports drinks for adults and Pedialyte[®] (or store brand) for children
- Easy to digest foods like bananas, rice, applesauce and dry toast (BRAT diet)
- Acetaminophen (Tylenol[®] or store brand)
- Ibuprofen (Advil[®], Motrin[®] or store brand)
- Throat lozenges
- Cough medicine
- A medicine measuring spoon or dropper for liquid medicine for children
- Extra supply of prescription medicine
- Household disinfectant to clean surfaces
- Paper towels for cleaning and hand washing
- Trash bags to line wastebaskets
- Painter's or dust face masks
- Note pads, pens and pencils
- Games, books, puzzles
- Extra supplies for your pets

Get updates about flu in Alaska at <http://www.pandemicflu.alaska.gov/> and other guidance at a www.flu.gov/plan/individual/checklist.html and http://cdc.gov/h1n1flu/guidance_homecare.htm.