

## Emergency Contact Numbers

Local personal contacts:

\_\_\_\_\_

Out-of-town emergency contact:

\_\_\_\_\_

Hospitals near home, work and school:

\_\_\_\_\_

Family physician:

\_\_\_\_\_

Pediatrician:

\_\_\_\_\_

Pharmacy: \_\_\_\_\_

School contact: \_\_\_\_\_

\_\_\_\_\_

Work contact: \_\_\_\_\_

\_\_\_\_\_

Veterinarian: \_\_\_\_\_

Local Health Department:

\_\_\_\_\_

Childcare/

Babysitter: \_\_\_\_\_

Plan early for childcare coverage in the event of personal illness, family illness, school closures or work responsibilities.

Discuss ahead of time with your primary physician additional prevention measures that you should take if you or your family members have underlying health conditions such as: diabetes, pregnancy, chronic lung, heart or kidney disease, immunosuppression, sickle cell disease, or neurologic conditions



Maryland Department of  
**Juvenile Services**  
Treating • Supporting • Protecting

**MARYLAND DEPARTMENT OF  
JUVENILE SERVICES**

**One Plaza Center  
120 W. Fayette Street  
Baltimore, Md 21201**

**DJS Internet site: [www.djs.state.md.us](http://www.djs.state.md.us)**

**MARYLAND DEPARTMENT OF  
JUVENILE SERVICES**

## Pandemic Flu Planning Guide for Families.



**[www.djs.state.md.us](http://www.djs.state.md.us)**

## Limit the Spread of Germs and the Transmission of Infection

Teach children to wash their hands frequently with soap and water, and model the correct behavior.

Teach children to cover their coughs and sneezes with tissue, and be sure to model that behavior.



Teach children to stay away from others as much as possible if they are sick.

Stay home from work or school if you are sick or if you are taking care of a sick loved one at home.

Get a yearly flu shot and Pandemic flu vaccine when available.

Keep alcohol-based hand sanitizer available in the car, your pocket book or brief case and even in children's backpacks if allowed by their school.

## Planning In Advance

Store a 2 week supply of water and food. In case you cannot get to the store or if they run out of supplies. Take note that you should have 1 gallon of water per person per day.

Periodically, check the expiration date of your regular prescription drugs and make sure you have at least a 1 week supply. Have on hand non-prescription and other health supplies, including: pain relievers, stomach remedies, cough and cold medications, and fluids with electrolytes.



Get involved with your community, so that you will know how others plan to handle a pandemic. Shop over a period of 7 weeks. That way the cost of preparing won't feel like such a burden.

## Examples of Food and Non-Perishables



Ready to eat  
canned meats, fish,  
fruits, vegetables,  
beans and soups.

Protein and fruit  
bars.

Dry cereal and  
granola.

Peanut butter and  
nuts.

Dried fruits, crackers, canned juices, bottled water. Canned and jarred baby food and formula. Pet food.

## Medical and Other Important Supplies

- \* Thermometer.
- \* Anti-diarrheal medications.
- \* Vitamins.
- \* Fluids and electrolytes.
- \* Cleansing agent/soap.
- \* Flashlight.
- \* Batteries.
- \* Portable radio.
- \* Manual can opener.
- \* Garbage bags.
- \* Tissues, toilet paper, disposable cups and utensils.
- \* Disposable diapers and wipes.
- \* Age appropriate games and toys for children and adults.
- \* Car phone charger.

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