



Your FLU Plan



Emergency preparedness begins at home. Be prepared to care for yourself or family members at home if you do get sick with the flu this season. Symptoms of flu are fever and/or cough plus one or more of: unusual tiredness, headache, muscle/joint aches, sore throat, vomiting or diarrhea (if younger than 5 years of age.) If symptoms worsen, visit a doctor or walk-in clinic or call HealthLink 8-1-1 to speak to a registered nurse.



Stop the Spread



Wash hands often. Use warm, soapy water or hand sanitizer. Scrub every part of your hands for about 20 seconds.

Cough and sneeze into your arm or sleeve, or use a tissue and throw it away. Try not to cough or sneeze into your hand.

Clean and disinfect high-touch surfaces like counter tops, telephones, keyboards, sinks, remote controls and doorknobs.

Stay home from work, school or social settings until feeling well and able to resume normal day to day to activities. Avoid close contact with others.

Flu Kit Checklist

Prepare a **Flu Kit** with everything your family will need for at least **seven** days of flu-like symptoms. This is only a guideline.

Medicine: Enough for each person and/or age group in your home. Ask your pharmacist for help.

- Medicine for fevers, headaches, aches and pains and for stuffy heads and runny noses
- Cough medicine/drops
- Vitamin C or a vitamin supplement (if you usually take them)
- Throat lozenges
- 7-day supply of daily medications/prescriptions

Food: Choose foods people will eat when ill.

- Fruit juices, teas, hot lemon drinks
- Soups/broths
- Pre-packaged, individual meals
- Crackers, dried breads, cereals, granola or nutrition bars
- Popsicles, frozen juice snacks, individual ice cream
- Dried or canned fruit and vegetables

Other Supplies: Have separate supplies for each “sick room”, bathroom, and the kitchen.

- Bathroom/surface cleaner & sponges/cloths and/or disinfectant wipes
- Laundry, dish and hand soap.
- Different coloured towels for each person
- Paper or plastic plates, cutlery & napkins
- Garbage bags, regular & small for wastebaskets
- Tissues (2 boxes per person)
- Toilet paper (24 rolls)
- Personal toiletries (ex. pads, deodorants)
- Extra cash or a credit card
- Entertainment (books, movies, puzzles)
- Pet food

For more information visit www.fightflu.ca or www.gov.ns.ca/hpp

Health Information

Store in a plastic folder, somewhere easy to find.
Add pages as necessary.

In large print, write the right dose of all over-the-counter medications and which ones to avoid taking together and store the information with them.

Name:

Date of Birth YYYY-MM-DD

NS Health Card #

Tel: Day (work/school)

Night

Cell

Doctor:

Address:

Tel:

Allergies

Medical Conditions

Medication:

Dose & Timing

With Food No Food

Medication:

Dose & Timing

With Food No Food

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