

PANDEMIC INFLUENZA HOME CARE GUIDE

A package of information, education and support for households

INTRODUCTION

During an influenza pandemic everyone will be vulnerable to infection and many people will develop the disease. Since the capacity of health services to respond at this time will be severely stretched, greater reliance will be placed on family and friends to care for people with influenza at home.

The important thing is to be prepared!

This Guide will help you to:

- Recognize the signs and symptoms of pandemic influenza
- Protect yourself and your family against pandemic influenza
- Care for someone at home with pandemic influenza
- Know when to seek medical care
- Know when it is OK to return to work, school or childcare
- What to do in the event of a death at home
- Prevent the spread of pandemic influenza to others
- How to manage if confined at home

It also includes:

- A personal care log to record the temperature, medications given and general observations
- A list of essential items required during a sustained emergency
- A sheet to record family or household emergency health information.

PANDEMIC INFLUENZA

An influenza pandemic will occur when a new strain of influenza A virus emerges against which the population has little or no immunity. The virus must also be capable of transmitting easily from person-to-person. In such circumstances and in the absence of effective disease control measures, the influenza virus will spread rapidly across regions and even around the world.

How is pandemic influenza spread?

Pandemic influenza is spread through the air when someone with the disease coughs, sneezes or even talks. This releases droplets from the nose or throat that contain the pandemic influenza virus. Vomit and faeces may also contain the virus. The pandemic influenza virus can also be spread when someone touches something e.g., a telephone receiver or table that has the virus on it, and then touches their nose, eyes or mouth.

The pandemic influenza virus is able to survive on different surfaces for varying lengths of time:

- for up to 30 minutes on unwashed hands
- for up to 12 hours on cloth, paper and tissue
- for up to 48 hours on hard, non-porous surfaces; and,
- for up to 5 days on surfaces contaminated with faeces

What is the incubation period?

Illness develops between 1 to 7 days, but on average 2 to 3 days after being infected with the virus.

How long does a person remain infectious to others?

People with influenza are potentially infectious to others 24 hours before symptoms appear and are most infectious during the following week. Without antiviral treatment, the maximum period a person will remain infectious varies with age:

- children & adults aged 13 to 64 years may remain infectious for 7 days
- adults 65 years and older may remain infectious for 10 days
- children 5-12 years may remain infectious for 14 days
- children 0-4 years may remain infectious for 21 days

What are the sign and symptoms of pandemic influenza?

Symptoms of illness include:

- Sudden onset of illness
- Fever higher than 38⁰Celsius
- Chills
- Cough
- Sore throat
- Congestion in the nose, throat and lungs
- Headache
- Muscle aches
- Extreme tiredness and weakness
- Diarrhoea, vomiting, abdominal pain

Are the signs and symptoms of pandemic influenza the same in babies and young children?

There is uncertainty as to how the pandemic influenza virus will affect children – but we know that:

- Fever may be the only sign of illness in newborn babies
- Young children usually develop higher temperatures (39.5⁰C) than adolescents and adults which may cause them to have a febrile convulsion (a fit)
- Influenza is a common cause of croup, pneumonia, upper respiratory tract infections and ear infections in young children
- Diarrhoea, vomiting and abdominal pain are also more common in children
- Other signs of illness in a young child include a lack of energy, not playing, poor feeding, irritability and crying a lot.

What about pandemic influenza in pregnancy?

Women with influenza who are more than 3 months pregnant are at increased risk of developing heart and lung problems.

What about pandemic influenza in the elderly?

Shortness of breath, wheezing and a productive cough may also be present in the elderly. Chronic medical conditions e.g., heart, lung, kidney, liver, immune or metabolic (especially diabetes) diseases may be made worse by pandemic influenza.

What complications might occur following infection with pandemic influenza?

Complications may include dehydration, ear infections, croup in children, viral and bacterial pneumonia and a worsening of pre-existing chronic medical conditions.

People considered at greatest risk of serious complications - the very young, pregnant women, the elderly, people with chronic medical conditions and those with weakened immune systems should always seek medical advice promptly if symptoms of influenza develop.

How can you protect yourself and your family & prevent the spread of pandemic influenza?

- maintain a distance of at least **1 metre** between people at work, in the community, on public transport, and in school settings
- avoid crowded gatherings where possible, especially in enclosed spaces
- avoid close contact with people who are sick.

Everyone in the household, including children should be encouraged to practice the following:

- cover their nose and mouth with a tissue when coughing or sneezing
- dispose of used tissues promptly by placing them in a bin lined with a plastic bag
- wash hands frequently with soap and water or rub hands together with an alcohol-based hand rub
- avoiding touching the face, especially the eyes, nose and mouth
- if sick to stay home from work, school and social gatherings until fully recovered.

In addition,

- clean frequently touched hard surfaces e.g., counter tops, door handles, taps, light switches, computer keyboards, remote controls, telephone receivers and toys at least once a day with regular household cleaning products

Annual seasonal influenza vaccination

Although vaccination against seasonal influenza will not provide protection against the pandemic influenza virus it will prevent or reduce the severity of infection in the event seasonal influenza strains are circulating during a pandemic. Speak to your doctor about influenza vaccination. It is especially important that the following groups receive an annual influenza vaccination:

- Adults 65 years of age and older
- Indigenous people 50 years of age and older
- Children and adults with chronic medical conditions
- Pregnant women
- Health care workers, carers and household contacts (including children 6 months of age and older) of high-risk individuals
- Homeless persons and those providing care to them

Pneumococcal vaccination

Pneumococcal vaccination is recommended for the following groups because it may reduce their risk of developing secondary pneumococcal infection following infection with pandemic influenza:

- all children at 2, 4 and 6 months of age (included in the childhood immunisation schedule)
- indigenous children 18 months of age (included in the childhood immunisation schedule)
- indigenous adults 50 years of age and over
- all adults 65 years of age and over; and,
- adults and children with an underlying medical condition putting them at risk of developing pneumococcal disease.

Is there a vaccine against pandemic influenza?

A pandemic influenza vaccine is not yet available but production will be fast-tracked once the World Health Organisation identifies the particular influenza virus strain causing the pandemic. The Australian Government will fund production of sufficient vaccine to vaccinate the entire population of Australia.

How is pandemic influenza treated?

Treatment

Treatment centres on the relief of symptoms. A person recovering from influenza should rest and be given plenty of fluids to drink to prevent dehydration. Paracetamol or ibuprofen may be used to lower a high temperature and relieve aches and pains. Usual prescription medications should continue to be taken but use of tobacco, alcohol and other drugs not prescribed by your doctor should be avoided.

Use of antivirals

Antivirals - Oseltamivir (Tamiflu™) or Zanamivir (Relenza™) have been shown to reduce the duration and severity of illness if commenced within 48 hours of onset of illness but are most effective if started within 12 hours of symptoms first appearing.

Antivirals will also be used to prevent the development of disease in people who have been in close contacts with someone with pandemic influenza but, to be effective, treatment must commence within 48 hours but no later than 7 days of last contact with the person with pandemic influenza.

Antiviral medication stockpiled by the Australian Government will be used to treat people with influenza and their close contacts. However, it is possible that once transmission of pandemic influenza is widespread in the community, the Australian Government will restrict use of antivirals to the treatment of people with pandemic influenza and their immediate household contacts.

Use of antibiotics

Antibiotics do not work against viruses but may be prescribed if someone develops a secondary bacterial infection.

Why do people with influenza need to be isolated & their close contacts quarantined at home?

An important strategy in containing the spread of pandemic influenza will be to separate those with the disease from the rest of the community for the period they remain infectious to others. The decision to isolate someone with pandemic influenza in hospital or at home will be made on a case by case basis at the time of consultation. Similarly, close contacts, who have been identified as having been exposed to the virus will be placed under home quarantine for a minimum of 7 days. In most instances, isolation and home quarantine is undertaken voluntarily but health authorities do have the power to impose these restrictions if required.

When to seek medical care?

The very young, pregnant women, the elderly, people with chronic medical conditions and those with weakened immune systems **should always seek** medical advice promptly should they develop influenza-like-symptoms.

Early-on in the pandemic, when every effort is being made to contain the spread of infection, everyone with influenza-like-symptoms will be advised to attend a specialist Flu Clinic or general practice providing a flu service. If measures to prevent the spread of pandemic influenza prove unsuccessful and large numbers of people develop the disease, normally healthy people with pandemic influenza will be encouraged to stay at home and be cared for by a member of the household or friend. This will enable health services to focus on providing care to people in greatest need.

How to prevent the spread of pandemic influenza to others at the doctor's surgery

When making an appointment to see a general practitioner, inform the receptionist that the ill-person has influenza-like-symptoms. The receptionist will instruct you on what to do on your arrival at the practice. It will not be necessary to make an appointment before attending a specialist Flu Clinic. It is important that the ill person wears a mask or places tissues over their nose and mouth when attending the general practice or Flu Clinic. Arrangements should also be made to drive the ill person to the general practice or Flu Clinic. Where possible, avoid use of public transport.

How to access medical care and community support if difficulties arise at home

In the event of a severe pandemic it will not be 'business as usual': the ability of health services and government and non-government agencies and organisations to provide direct support to affected people may be severely stretched. All Western Australians will need to take responsibility for caring for themselves, their family and people in their community to the greatest extent possible.

Community service providers will be endeavouring to continue to provide support to their existing client groups, or advise of alternative arrangements. If you usually receive support services from a government or non-government agency, you should contact your usual service provider for information on what services are available.

The Government will activate arrangements to coordinate emergency welfare support to individuals and families who are in significant need during a pandemic and do not have the necessary support networks. Dependent upon the scale of the pandemic, it is likely that these resources will be limited and may require prioritisation. Priorities for the provision of emergency welfare will be determined on the basis of greatest need of assistance. Helpline numbers and websites for information will be advertised widely.

HOW TO CARE FOR SOMEONE AT HOME WITH INFLUENZA

Most people with pandemic influenza can be safely cared for at home by another member of the household or by a friend. A person with pandemic influenza should remain isolated at home for a minimum of 7 days. This period will need to be extended if the person continues to have a fever.

Where possible, the sick person should be cared for in a separate room, ideally with an on-suite bathroom. The door should be kept closed but windows may be opened to allow fresh air to circulate. Contact between the sick person and other members of the household should be kept to a minimum and visitors to the house discouraged.

One person should be designated as the primary caregiver. Ideally, this should be someone who is **NOT** pregnant and does not have a chronic medical condition, which might place them at increased risk of severe disease if they themselves develop the disease.

Use of masks at home

Where possible, the person with influenza should wear a mask when in contact with others for at least the first 48 hours of their illness. Similarly, the primary caregiver should also wear a mask when in close contact (less than 1 metre distance) with the sick person.

It is important to understand that while masks may provide some degree of protection it is crucial that masks are used correctly and that close attention is paid to hand washing to prevent the user contaminating him or herself.

The DOs & DON'Ts of using a mask

DOs

- Always wash your hands with soap and water or use an alcohol-based hand rub immediately before putting on and taking off a mask
- Masks should fit snugly around the face
- Masks should only be worn once
- Masks should be changed when they become moist or wet
- After removal, masks should be safely disposed of by placing directly into a bin lined with a plastic bag

DON'Ts

- Avoid touching the face - masks should not be touched or handled during use
- Masks must not be hung around the neck or re-used
- Masks become inefficient when moist and must be changed regularly
- Failure to perform hand hygiene, especially after removal may increase risk of self-contamination

Treatment centres on the relief of symptoms & in encouraging the person to rest

Food and fluids

- Offer drinks frequently to prevent dehydration
- Continue to breast-feed babies with pandemic influenza
- If the baby's mother has pandemic influenza and the baby appears well, care for the baby separately and feed with an infant formula until the mother has recovered
- Offer soups and broths if the ill person is not eating solid foods
- Avoid use of alcohol, tobacco and other drugs not prescribed by your doctor

How to prevent dehydration

- Signs of dehydration include dry lips and mouth, dark concentrated urine or fewer wet nappies than usual and sunken eyes. (A baby should be seen by a doctor within a few hours of refusing to feed or if vomiting).
- Extra drinks need to be given if any sign of dehydration is observed. Soft drinks and fruit juice contain too much sugar for sick babies and children unless extra water is added. A guide as to how much water to add is tabled below:

Kind of drink	How much cordial, fruit juice to use	Dilute with water
Cordial (undiluted)	10 mL	150 mL
Fruit juice (undiluted)	50 mL	150 mL
Flat soft drink	50 mL	150 mL
Glucose (e.g. Glucodin)	2 level teaspoons	240 mL
Sugar	2 level teaspoons	240 mL

- Oral rehydration solution (ORS) which is specially formulated to correct dehydration may also be offered but it is important to use in accordance with instructions on the packet. Examples include Gastrolyte™, Gastrolyte-R™, Pedialyte™, Repalyte™ and Hydralyte™ ice blocks
- If vomiting, offer small quantities of clear fluid, like water or ORS as per instructions on the pack. If tolerated, gradually increase the amount of fluids offered. After 6-8 hours of a liquid diet without vomiting, add solid food that is easy to digest, such as plain biscuits, soup, mashed potatoes or rice. Gradually return to a regular diet.
- Babies that are vomiting should continue to be breast or bottle fed and be given extra clear fluids and/or oral rehydration fluids.

What to do for a fever

- A fever is when the body's temperature rises above 38°Celsius. Children under the age of six years are prone to having febrile convulsions (fits) with high fevers. This is usually due to the temperature rising quickly but rarely causes any ongoing health problems
- If an adult or child has a fever cover with light clothing. Avoid wrapping them in a blanket or thick clothes as this will prevent the body losing heat through the skin
- Offer extra drinks of water or diluted soft drinks and fruit juice and breast feed babies more often
- Paracetamol and ibuprofen do not deal with the cause of the fever but can help lower the temperature. Always follow the instructions on the bottle or packet and ensure the ill person drinks plenty of fluids while taking these medications.

What NOT to do for a fever

- Never give aspirin to children under 16 years of age because it can cause Reye's syndrome, which is a life-threatening illness
- Use warm water, not cold water to sponge someone as cold water can be uncomfortable and may induce shivering
- Never place a sleeping, drowsy, or unconscious child or baby in a bath.

Medications

- Paracetamol or ibuprofen may be used to lower a high temperature and relieve aches and pains
- Do not give aspirin to children under 16 years of age because it can cause Reye's syndrome, which is a life-threatening illness
- Medications used to treat other medical conditions such as high blood pressure or diabetes should continue to be taken
- Complete the full course of prescribed antiviral medication and antibiotics

- Give all medications in accordance with instructions on the pack or as instructed by your doctor or pharmacist.

Monitor the sick person's health

- Record the ill person's temperature at least twice a day along with all medications given, including the dosage and times given. An example of a personal care log is provided below.

Seek medical care if any of the following is observed in an adult:

- Shortness of breath while resting
- Wheezing
- Sharp pains are felt in the chest with each breath
- Thick sputum or bloody sputum is coughed-up
- Ears are very painful
- Signs of dehydration - is continuing to vomit for longer than 4 hours, has dry lips and mouth, is passing less urine than usual which is dark in colour
- After beginning to feel better the ill person develops a high fever and feels unwell again
- Any deterioration in health status
- Irritability, confusion, listlessness and/or is difficult to wake-up.

Seek medical care if any of the following is observed in children aged 2 months to 4 years:

- Fast or noisy breathing or is wheezing
- Is younger than 6 months of age and has a temperature greater than 38.5⁰ Celsius
- Is younger than 2 months of age and has a fever, is feeding poorly and has less wet nappies than usual
- Is listless or irritable
- Shows signs of dehydration – is continuing to vomit for longer than 4 hours, has a dry mouth, decreased urine which may be dark in colour, has fewer wet nappies than usual, sunken eyes, and skin which when pinched on the stomach takes several seconds to flatten out
- Has painful ears

Call 000 or take your child immediately to the hospital emergency department if you observe any of the following danger signs in your child:

- Has blue lips, is very pale
- Has difficulty breathing, is making a grunting noise when breathing
- Has a stiff neck
- Has had a fit or seizure
- Is unable to breast feed or drink
- Is vomiting continuously
- Is listless or irritable or difficult to rouse

When can you return to work, school or childcare?

A person may return to work once the isolation period is over AND the person no longer has a fever. On average 14 days sick leave may be required from the onset of illness until a person is fit enough to return to work.

The decision to send children back to school or childcare will be dependent on whether these institutions are open or have been temporarily closed by the Government.

WHAT TO DO IN THE EVENT OF A DEATH IN THE FAMILY OR HOUSEHOLD

A severe influenza pandemic is very likely to cause an increase in the number of deaths in Western Australia, and the community should be prepared for the possibility of family members and friends dying during this time.

If someone in your family or household dies, you will need to arrange for a death certificate to be issued by a medical doctor registered to practice in Western Australia. This could be the doctor responsible for the person's medical care immediately before death or a doctor who has examined the person who has died. Where a doctor is unavailable, such as in remote areas, a nurse, or in certain circumstances a police officer or paramedic can certify that life is extinct.

It is also a requirement that the Coroner's Office is notified of any unexpected death and in circumstances where a doctor will not issue a death certificate or where the deceased was held in care, including children who are Wards of State.

Contact a funeral director to make arrangements for burial or cremation. Some changes to funeral arrangements may be required to ensure that the increased demand for these services is met while still maintaining dignity and respect for the deceased and bereaved family and friends. Normal burial and cremation arrangements will continue as far as possible but may need to be streamlined. If necessary, burials will take place in cemeteries or designated memorial parks and held without family gatherings, with families able to hold memorial services after the pandemic has subsided. Your funeral director will be able to advise you on these matters. Changes to funeral arrangements will also be advised via the media and government websites.

HOW TO PREVENT THE SPREAD OF INFECTION TO OTHERS IF SOMEONE IN YOUR HOUSEHOLD HAS PANDEMIC INFLUENZA?

Designate a primary care giver

Designate one person as the primary caregiver. Ideally, this should be someone who is **NOT** pregnant and does not have a chronic medical condition, which might place them at increased risk of severe disease if they were to get infected.

Isolate the person with pandemic influenza at home

A person with pandemic influenza who is being treated with antivirals should remain isolated at home for a minimum of 7 days. This period will need to be extended if the person continues to have a high temperature.

Where possible, care for the sick person in a separate room, ideally with an on-suite bathroom. The door should be kept closed but windows may be opened to allow fresh air to circulate. Contact between the sick person and other members of the household should be kept to a minimum and visitors to the house discouraged.

Respiratory hygiene

Encourage everyone in the household to cover their nose and mouth with a tissue when coughing or sneezing and to place used tissues directly into a waste paper bin lined with a plastic bag, which can then be tied and thrown away with other household rubbish.

Hand hygiene

Washing hands with soap and water or use of an alcohol-based hand rub is one of the most important things everyone, including children can do to prevent the spread of infection at home.

Wash hands before:

- Preparing food
- Eating
- Touching your eyes, nose or mouth

Wash hands after:

- Sneezing, coughing, or blowing your nose
- Coming in contact with respiratory secretions
- Disposing of used tissues
- Touching objects in the sick person's room and bathroom
- Handling soiled laundry
- Leaving the sick person's room
- Using the toilet

Keeping the house clean

Since the influenza virus has been shown to survive on unwashed hands for up to 30 minutes, on cloth, paper and tissue for up to 12 hours, on hard, non-porous surfaces for up to 48 hours and on surfaces contaminated with faeces for up to 5 days, members of the household may be infected by touching a surface contaminated with the virus and then touching their eyes, nose or mouth.

Clean frequently touched surfaces at least once per day, including door handles, taps, telephones, light switches, remote controls, computer keyboards, toys and other areas in the home with household cleaning products or disinfectant.

Dish washing

All dishes and utensils including those used by the ill person can be washed together either in a dishwasher or by hand using hot water and regular dish-washing liquid.

Laundry

Avoid bundling-up dirty laundry close to your body or face. It is unnecessary to separate laundry generated by the ill person from other household laundry as it can all be washed together in the washing machine using warm or cold water and your usual detergent.

WHAT IF YOU ARE IDENTIFIED AS A CONTACT OF SOMEONE WITH PANDEMIC INFLUENZA?

An important strategy in containing the spread of pandemic influenza will be to home quarantine people who have been in close contact with someone who has influenza, as they too might be incubating the disease.

How will people contacts be identified?

Public health officers will interview people suspected of having pandemic influenza so as to identify their close contact during the past 7 days.

Examples of contacts include:

- people living in the same household as the person with pandemic influenza
- work colleagues sharing an office or cubicle area or whose work brought them into close physical proximity (sitting within one metre for at least 15 minutes) with the person with pandemic influenza, but not people who share general office space
- children under 12 years of age who attend the same class or child care group and their teacher and carers as the person with pandemic influenza
- others identified by the person with pandemic influenza as having been in close physical contact with them for at least 15 minutes

if clinically indicated, contacts will be offered a course of antiviral medication to reduce the risk of developing the disease, counselled about their risks and the symptoms of pandemic influenza and placed under home quarantine for 7 days. Note it is possible that once there is widespread transmission of pandemic influenza in the community, the Australian Government will restrict use of antivirals to the treatment of people with pandemic influenza and their immediate household contacts.

During the period under quarantine, contacts are required to remain at home and **NOT** attend work, school or childcare, visit friends and family or shopping centres, the cinema or any other public venue. In most instances, home quarantine is undertaken voluntarily but health authorities do have the power to impose this requirement, if necessary.

A. Contacts living in the same household as the person with pandemic influenza ...

- Contact with the sick person should be kept to a minimum and visitors to the house discouraged.
- Unless public health officers advise otherwise, the quarantine period will be for a minimum of 7 days.

B. Contacts living in a household with otherwise healthy people ...

- Contact living with otherwise 'healthy' members of the household should be kept to a minimum and where possible, the contact should sleep and eat in a separate room and use a separate bathroom
- The period of home quarantine will last 7 days starting from the last day of contact with the person with pandemic influenza
- Other members of the household may continue to go to school and work without restriction

When will quarantine restrictions be lifted?

Quarantine restrictions will be lifted and antiviral treatment stopped if a person suspected of having pandemic influenza is proven not to have the disease; otherwise quarantine restrictions will be lifted if the contact remains symptom free during the quarantine period.

Monitor your health

Contacts prescribed post-exposure antiviral prophylaxis are advised to complete the full course of treatment and to monitor their health for a minimum of 7 days.

The contact's temperature should be taken each morning. If it is 38°C or higher and symptoms of illness develop, your local Public Health Unit should be contacted. All members of the household should remain at home until the situation is assessed and advice given accordingly.

Symptoms of pandemic influenza may include:

- Sudden onset of illness
- Fever higher than 38°Celsius
- Chills
- Cough
- Sore throat
- Congestion in the nose, throat and lungs
- Headache
- Muscle aches
- Extreme tiredness and weakness
- Diarrhoea, vomiting, abdominal pain

MANAGING IF CONFINED AT HOME

Keeping children and teenagers amused at home

Everyone has a part to play in minimising the spread of infection during an influenza pandemic. It is vital that parents and guardians ensure that children, especially teenagers, follow the decisions and measures introduced by the government in order to lessen the impact and infection rate in the community.

If your family or household is required to stay at home for a period of time, children and teenagers will need plenty of activities to keep them occupied and amused at home. It is recommended that any home care plan includes planning for the amusement and stimulation of children. Where possible, these should include physical activities which are able to be carried out without leaving the home or garden.

If the period of time at home is likely to be for more than a week during school term, the inclusion of educational measures in the activity plan is recommended. Parents and guardians may wish to talk to their children's school about ways in which to minimise the disruption to educational programming if they are required to stay at home in voluntary quarantine.

Children and teenagers may resent being told to stay away from their usual social activities and locations. Parents and guardians will need to explain the situation, in language appropriate to the age of the child or children, and let them know how important it is that they play their part in trying to keep the disease from spreading. Resources such as the internet and conference calling will be useful to reduce social isolation, but may not be able to be relied upon in the event of disruptions to power or telecommunications.

Supplies of food and other essential items

It is sensible for families and households to ensure that they have emergency supplies on hand that will assist them to respond to and recover from any emergency from which they are at risk. Some members of our community, such as those at more risk of isolation due to natural disasters such as floods, are used to ensuring that they have emergency supplies of food and other essentials. Others, particularly those in urban areas with easy access to shops, may not as prepared.

During a pandemic, it will be important for you to have extra supplies on hand in case you cannot get to a shop, or if shops are out of supplies. You will need at least a two week supply of water and food. If you require prescription medicines, try to ensure that you always have sufficient supplies of your medication to last if you were unable to get to a pharmacy for 2 weeks.

A guide to setting up a pantry of essential supplies to help you manage at home in the event of any emergency, together with advice on how to use and maintain the pantry, is available from www.pantrylist.com.au. Or you can refer to the following checklist and adapt it to suit your family or household circumstances.

Items to have on hand for an extended stay at home:

MEDICAL ITEMS	STORE NON-PERISHABLE FOOD ITEMS YOUR FAMILY USUALLY EAT	EMERGENCY ITEMS
Bleach	Bottled drinking water (2 weeks)	First Aid Kit
Laundry detergent	Flour	Emergency radio with batteries
Dishwashing detergent	Sugar	Lanterns, torches, candles
Soap	Ready to eat canned meats, fish, fruit, vegetables and soups	Batteries
Toilet paper	Protein or fruit bars	Garbage Bags
Paper towels	Milk powder	Camping stove or BBQ and gas
Tissues	Baby food and formula	Matches and lighters
Feminine hygiene products	Dried foods e.g. oatmeal, pasta, rice, beans & lentils etc	Fire extinguisher
Rubber gloves	Breakfast cereals	Manual can opener
Disposable gloves	Chocolate	Knife
Thermometer	Honey and other spreads	Plastic food containers
Alcohol-based hand rub	Tea, coffee	Zip lock bags
Oral rehydration solution (ORS) For example, Gastrolyte™, Gastrolyte-R™, Pedialyte™, Repalyte™ and Hydralyte™ ice blocks	Crackers and biscuits	Paper/plastic eating utensils
Prescription medications	Pet food (dry and tinned)	Blankets, sleeping bags
Paracetamol and/or Ibuprofen for adults and children		Extra warm clothes and shoes
		Personal hygiene products
		Baby/Pet supplies
		Tool kit
		Maps
		Copies of important documents
		Mobile phone with spare battery
		Emergency cash

Family/Household Emergency Health Information Sheet

This sheet will help you to put together a list of important health information and contact numbers for all the members of your family or household. This information may be needed in a health or other emergency, for eg vaccination clinics may need to know about any serious health issues or allergies of family or household members.

Person	Allergies	Medical Conditions	Current prescription medicines	Dosage

Emergency contacts

Contacts	Name and phone number / email
Local personal emergency contact	
Alternative personal emergency contact	
GP	
Medical specialists	
Pharmacy	
HealthDirect (Health advice line)	
Employer contact and emergency information	
School contact and emergency information	
Religious / spiritual organisation	
Local supermarket	
Vet	

Personal Care Log

Name

Date	Time	Temperature	Medication given	Doseage	Observations – Note any change in condition