

Preparedness Kit

Put together a home preparedness kit *before* anyone gets sick. When you are sick, you won't want to go out and get groceries or health supplies.

Here are some examples of household items that you may want to have in your home:

Non-perishable food

- Canned soups
- Frozen or canned fruits, vegetables, meats and fish
- Frozen or canned juices, tea bags
- Easy dinners, such as spaghetti and tomato sauce
- Breakfast cereals, honey, sugar or sweetener
- Bottled water, Tetra Pak milk or soy milk
- Baby food or formula
- Pet food

Health and cleaning supplies

- Thermometer**
- Hand soap**
- Pain and fever medication** (e.g. acetaminophen, for example Tylenol®, or ibuprofen, for example Advil®)
- Supply of prescription medications
- Masks (optional)
- Alcohol-based hand sanitizer
- Cough suppressants, cough lozenges (not for children under five years old)
- Laundry detergent
- Garbage bags
- Household cleaning supplies
- Tissues, toilet paper
- Feminine hygiene products, diapers and wipes

Make sure you have the following important contact information

- Government of Canada information line: 1 800 O-Canada (1 800 622-6232)
- Provincial/territorial information: See Resources section of the H1N1 Preparedness Guide
- Health care facility telephone number:
- Number for emergency medical help: 911 or
- Doctor: Telephone Number:
- Pharmacist: Telephone Number:
- Caregiver identified in plans: Home: Work: Cell:
- People identified in plans: Home: Work: Cell:

People with an existing medical condition — especially if they are on medications — should prepare a medical history and take it with them when going to visit a health care provider.

- Medical history for:
- Health conditions:
- Medications (type and dose):
- Allergies: