



**H1N1 Influenza A  
(Human Swine Flu)**

**&**

**Emergency Preparedness**

**IMPORTANT  
INFORMATION**

**for**

**Six Nations Residents**

## BACKGROUND:

In April 2009 news began circulating about a new Respiratory Illness in Mexico. This virus was later identified as the **H1N1 Influenza A Virus**, otherwise known as Human Swine Influenza, which has now spread to several countries worldwide.

On June 11<sup>th</sup>, 2009 the World Health Organization (WHO) raised the **Pandemic Alert Phase to phase 6**. This means the virus is spreading from human to human causing community level outbreaks in at least 3 different countries. The H1N1 flu pandemic remains at a moderate severity. No emergency declaration has been made in Canada.

Many Public Health officials had warned that a global pandemic was long overdue. This prediction was based on the historical pattern of the influenza disease, which during the 20<sup>th</sup> century caused three Pandemics. The last one occurred in 1968/1969, which was the Hong Kong Flu.

There are now over 3,000 confirmed H1N1 Influenza A cases in all parts of Ontario; including some First Nations communities. The majority of these cases are mild, with symptoms resembling seasonal influenza.

First Nations leaders are working with Health Canada, the Public Health Agency of Canada and the Ministry of Health of Ontario to respond in a timely and coordinated manner to the H1N1 Influenza A virus in our communities.

### PURPOSE OF THE BOOKLET:

- provide factual information on the H1N1 Influenza A virus;
  - recommendations to help protect you and your family; and
  - important contact numbers and websites for more information on the H1N1 Influenza A virus.
- As well as
- general information pertaining to Pandemic Planning and Emergency Preparedness in the home.

**One point to remember is knowledge is power. Knowing about this disease and ways to protect yourself and your family.....are the number one defense strategies.**

***PROTECT YOURSELF, YOUR FAMILY.....YOUR COMMUNITY.***

## WHAT ARE THE SIGNS & SYMPTOMS OF H1N1 ?

The majority of H1N1 cases resemble seasonal influenza. Symptoms include:

- **Fever and/or Chills**
- **New/Worse Cough**
- **Sore Throat**
- **Body Aches**
- **Headache**
- **Fatigue (Tired)**
- **Nausea/Vomiting & Diarrhea (common in children)**

Remember that most **H1N1 cases in Ontario have been mild** with **people recovering at home**. **More serious cases may be due to underlying medical conditions**. This puts added stress on the body's immune system and decreases the person's ability to fight off infection.

## HOW DO I PROTECT MYSELF & MY FAMILY?

**It is very important to remember that there are steps that you can take to protect yourself and those around you.**

- **WASH YOUR HANDS** – thoroughly and frequently.
- **COVER YOUR COUGH** - if you cough or sneeze, cover your mouth with your sleeve.
- **IF YOU ARE SICK, STAY HOME AND AWAY FROM THE PUBLIC** – stay home from work, school and social events and have someone else do errands for you.

- **Avoid close contact** with others who are sick.
- If you need to see a doctor – **call ahead** if possible and let the doctor’s office know about your symptoms.
- When attending health care facilities – please follow the guidelines that they have set in place for your protection. Wear a mask if you have a cough and use the hand sanitizers when entering/leaving the facility.
- Practice Good Health Habits – get plenty of sleep and exercise, make sure your diet consists of nutritious foods and drink plenty of water. Living healthy and being healthy will help your body fight off infection!!

**HOW DO I CARE FOR H1N1 FLU CASES/CONTACTS?**

**Case:** A person has had a nasopharyngeal swab done and lab confirmation that they have the H1N1 Influenza A virus.

**Contact:** A person who has close contact (household) with a Case.

**INSTRUCTIONS**

**Confirmed or Suspect H1N1 Case – at home:**

- ✓ Avoid contact with the rest of the family by using a separate bedroom and bathroom (if possible). If the bathroom must be shared, make sure you have your own towel.
- ✓ Cough into a tissue or your sleeve. Throw tissues away immediately.
- ✓ Wash your hands frequently using soap and water or an Alcohol Based Hand Rub (ABHR).
- ✓ Don’t share anything that goes into your mouth – like utensils, drinking glasses and toothbrushes.
- ✓ Don’t have visitors in the house.
- ✓ If you need to leave the house for a medical appointment, or need to spend time within 6 feet of other people, wear a surgical mask. These can be purchased at pharmacies or medical supply vendors in your area.
- ✓ Follow the advice of your health care provider. You can also call TeleHealth Ontario for advice (**1-866-797-0000**).
- ✓ Avoid the use of Aspirin and Aspirin-containing products for children and teenagers.

**Contact with confirmed H1N1 Cases:**

1. Contacts that develop symptoms should see a health professional.
2. Contacts who have no symptoms should:
  - ✓ Limit activities in the community to only what is essential (e.g. School, work)
  - ✓ Watch for symptoms that include: fever, new/worse cough, sore throat, sore muscles, body aches, fatigue and sometimes diarrhea and vomiting.
  - ✓ At the first sign of these symptoms, stay at home, get health care advice and inform your health care professional that you are a contact of a case.

## **Caregivers of H1N1 Cases:**

- ✓ If possible, only one family member should care for a sick person. ***Pregnant women should avoid providing care to others.***
- ✓ The person should be in a well-ventilated, separate room of the home if possible. Keeping a window slightly open will offer some ventilation.
- ✓ Have as little close contact as possible with the sick person. Stay at least 6 feet away from the sick person if possible.
- ✓ Wear a surgical mask if you must be in direct contact with the sick person. These are available at your local pharmacies or medical supply vendors. Whenever you take a mask off, throw it out – DO NOT reuse masks.
- ✓ Keep the sick person's things (towel, face cloth, toothbrush etc) separate from others and handle anything the ill person touches with care.
- ✓ Wash your hands frequently after each contact with the sick person and/or if you remove your mask. Wash with soap and water or an Alcohol Based Hand Rub.
- ✓ Provide extra cleaning in frequently touched areas of the house (e.g. table tops, keyboards, door knobs, counter tops, remote controls, telephones, light switches). Dishwashing and laundry can be done as normal.
- ✓ Give lots of fluids, nutritious foods and ensure a smoke-free environment with no one smoking in the home.

## **IS THERE A POSSIBILITY OF QUARANTINE AND ISOLATION?**

The main goal and primary focus when faced with a pandemic emergency is to **control and prevent the spread of the contagious disease**. This may be accomplished through quarantine and isolation.

At this time, there are NO recommendations to institute mandatory quarantine measures for cases or contacts of the H1N1 Influenza A virus.

However, people who are ill with symptoms (regardless of whether there has been a lab diagnosis) are being asked to “**self-isolate**”. This means these people are being asked by their health care professional to **stay at home (away from work, school, errands and social events) for 7 days** or until the fever is gone and they are feeling better.

## **IS THERE A VACCINE FOR THE H1N1 INFLUENZA A VIRUS?**

The H1N1 Influenza A virus is a new virus to the human population. To make a vaccine for a new virus is a long process and currently there is not a vaccine available to the public at this time.

In the meantime, antiviral medication may be prescribed to people who are symptomatic - depending on the person's health history. This decision is made by the attending doctor. This medication may not stop the H1N1 virus, but people who take it early enough after exposure may not experience the same degree of symptoms.

Once the vaccine becomes available to the public, the Ohsweken Public Health Office will coordinate immunization clinics to begin vaccinating community members. Watch for more information regarding immunization clinics in the local newspapers or listen to the CKRZ community radio station especially at 6:00 p.m.

## **PANDEMIC PREPARATION:**

What is being done at Six Nation to prepare for a pandemic?

There are several activities that are occurring to help prepare community members at Six Nation for a pandemic. These include:

- A fully comprehensive **Pandemic Influenza Response Plan** has been developed and updated to accompany the existing Six Nations Emergency Response Plan.
- Development and distribution of the “**Self Care Packages**” to each household on reserve.
- Information **mail out** to every household on Six Nations including information on the H1N1 Influenza virus, Hand washing and Covering your Cough.
- Surveillance of all Communicable Diseases, is a mandated program of the **Ohsweken Public Health Office**.
- Annual Influenza **Immunization Program**, which is offered to all community members every fall season.
- Population statistics according to Band Membership and the First Nations Health Information System have been forwarded and submitted to First Nations Inuit Health Branch-Ottawa for the amount of **vaccine** needed for the Six Nations community when it becomes available.
- **Regular information and update sessions** on the H1N1 Influenza A virus have been provided to the Six Nations Emergency Management Committee and Six Nations Health Services department managers.

- **Screening and infection control measures** are in place at the Gane Yohs Medical Clinic and the Six Nations Family Health Team clinic.
- All Six Nations Council departments now have **Alcohol Based Hand Sanitizer available** in all offices for staff and patrons.

### What Can I Do at Home to Prepare for a Pandemic?

There are several things that you can start to do or continue with, if you are already practicing them at home.

These include:

1. Incorporating healthier lifestyles into your daily life. This would include **eating healthy nutritious foods, getting adequate sleep and rest and exercising**. These activities will help to ensure that your body is healthy and will boost your immune system. This will help enable your body to fight off serious illnesses or diseases.
2. Practice good hand washing techniques. **Hand washing is the most single effective way to prevent the spread of infections**. You can catch germs when you touch contaminated objects or surfaces and then touch your face, mouth, eyes and nose. Good hand washing techniques include using an adequate amount of soap and warm water, rubbing the hands together to create friction (making sure to rub between fingers and under nails). Lather for 20 seconds (equivalent to singing 2 “Happy Birthday” songs-good teaching technique for children) and rinsing well under running water and drying hands thoroughly. If soap and water is not available, use an Alcohol Based Hand Rub (e.g. Hand Sanitizer, Purell), these can be purchased at local pharmacies.

You should wash your hands:

- When hands are visibly soiled.
  - After using the washroom (includes changing diapers).
  - After blowing your nose or sneezing into your sleeve.
  - Before and after eating, handling food, drinking or smoking.
  - After touching raw meat, poultry or fish.
  - After handling garbage.
  - Before/after visiting or caring for sick people.
  - After handling pets, animals and animal waste.
3. Get your annual Flu vaccination.
  4. If you are sick with the flu, you should stay home from work to help protect your coworkers and fellow employees.
  5. If your child(ren) is/are sick, they should stay home from school and extra-curricular activities.
  6. Have a plan at home for stockpiling food, water and an emergency survival kit (this is covered in greater detail later in this package).
  7. Start thinking about your own **personal plan for your family** and loved ones during a pandemic. Communicate with them what needs to be done and who is going to do what.
    - Discuss and agree on a home base. Where will family members be staying and will they have enough food, water and essential materials.
    - As pets can be valuable and loved members of your family, they also need to be included in your emergency personal plan. You will need to think about their food and water needs during this time.

### CLEANING AND DISINFECTION

When dealing with emergency situations or caring for sick/ill people in the home, it is important to clean and disinfect regularly (especially commonly used surfaces) to decrease the spread of germs.

Use a bleach-based cleaning solution or a neutral detergent such as Mr. Clean, Pinesol, etc, followed by a disinfectant solution if recommended (see Table 1).

Viruses can survive on surfaces in the environment – for 24 to 48 hours on hard non-porous surfaces, for 8-12 hours on cloth, paper and tissue, and for 5 minutes on hands. During this time these viruses can be transmitted to other people through touching contaminated surfaces and objects and then touching the mouth, nose or eyes.

Careful vigorous cleaning of environmental surfaces is effective in removing many contaminants.

- Always clean shared equipment between uses.
- Promptly clean items that are visibly soiled.
- Handle soiled items in a way that prevents exposure of skin and mucous membranes or contamination of clothing and the environment. Use a garbage can that has a lid and/or foot pedal.
- Clean surfaces that are frequently touched (eg. Door knobs, handles, hand rails, keyboards, light switches etc.) at least twice daily and as needed. Clean them after use if known to be contaminated by ill persons.
- Store all clean supplies in a clean dry area.
- Use gloves, gowns and protective eyewear when handling waste and secretions from patients with suspected or confirmed bacteria or viruses.

**CLEANING AND DISINFECTION**

**Table 1:**

Disinfectants	Recommended Use	Recommended Dilution	Precautions
Bleach (Sodium Hypochlorite)	Disinfection of material contaminated with blood and body fluids.	Use concentrations ranging from 1 part bleach to be mixed with 99 parts of tap water (1:100) or 1 part bleach to be mixed with 9 parts of tap water (1:10), depending on the amount of organic material (e.g. Blood or mucus) present on the surface to be cleaned and disinfected.	Should be used in well-ventilated areas.  Protective clothing required while handling and using undiluted bleach.  <b>Do not mix with other cleaning solutions to avoid the release of chlorine gas.</b>  Corrosive to metals.
	To add to laundry	One part (one 8 oz. cup) of bleach to be mixed with 500 parts (28 gallons) of tap water	Do not use on colored or dark clothing.
	Surface Cleaning.	One part (one 8 oz. cup) mixed with about 50 parts (2.8 gallons) of tap water.	Use in well ventilated areas.  Use gloves when handling bleach solutions.

Cleaning of environment surfaces such as counter tops, tables, door knobs, light switches, key boards, taps/sinks, toilets and handrails is very important.

The next table describes other areas of your home that may require cleaning and disinfection.

Surface/Object	Procedure	Special Considerations
Horizontal surfaces such as tables and work counters.	Thorough daily cleaning and as required with a water and detergent solution, followed by use of a disinfectant. Clean when soiled.	
Walls, blinds, curtains	Clean daily and as splashes/visible soil spots occur with water and detergent solution, then disinfect with a low level disinfectant.	
Floors	Thorough daily cleaning. Clean when soiled. Damp mopping preferred.	Detergent is adequate in most areas. Clean blood/body fluids spills with disposable cloths; clean the areas with a detergent solution followed by a low level disinfectant
Carpets/Upholstery	Vacuum daily and shampoo as necessary.	Detergent is adequate in most areas. Clean blood/body fluids spills with disposable cloths; clean the area with a detergent solution followed by a low level disinfectant.
Toys	Clean daily, disinfect with a low level disinfectant, thoroughly rinse, and dry between clients.	Toys should be smooth and nonporous, not plush to facilitate cleaning and decontamination.
Toilets	Thorough daily cleaning. Clean with a detergent solution when soiled, followed by a low level disinfectant.	These may be the source of enteric pathogens which are easily transmissible.  Use gloves when cleaning in and around the toilet.

**Additional information can also be obtained at:**

**Canadian Red Cross**

Ontario Zone

Mississauga, Ontario L5R 3E9

**Tel: 905-890-1000 Fax: 905-890-1008**

[www.redcross.ca](http://www.redcross.ca)

**Emergency Management Ontario**

Ministry of Community Safety and Correctional Services

77 Wellesley Street West, Box 222

Toronto ON M7A 1N3

**General Inquiries:** Toll Free: 1-888-795-7635

**Fax:** 416-314-3758

<http://www.emergencymanagementontario.ca/english/home.html>

**Ministry of Health**

INFOline: **1-800-268-1154**

Hours of Operation: 8:30 am to 5:00 pm

[www.health.gov.on.ca](http://www.health.gov.on.ca)

**Public Health Agency of Canada**

Ontario Zone

25 St. Clair Avenue East

4<sup>th</sup> Floor Toronto, Ontario

**Tel: 416-973-4389 Toll Free Tel: 1-866-999-7612**

**Fax: 416-973-1423**

[www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca)

**Public Safety and Emergency Preparedness Canada**

2 Bloor Street East

Suite 2102 Toronto, Ontario M4W 1A8

**Tel: 1-416-952-0452 Toll Free Tel: 1-877-302-6272**

**Fax: 416-952-0483**

[www.psepc.gc.ca](http://www.psepc.gc.ca)

**Canadian Centre for Emergency Preparedness**

860 Harrington Court

Suite 211 Burlington, Ontario L7N 3N4

**Tel: 905-331-2552**

**Fax: 905-331-1641**

[www.ccep.ca](http://www.ccep.ca)

## SOURCES OF H1N1 INFORMATION:

If you have further questions or concerns regarding the H1N1 Influenza virus you can contact:

1. Ontario TeleHealth Line @ **1-866-797-0000**  
(Available 24 hours/day, 7 days/week)
2. Health Canada General Enquiries Line @ **1-877-365-3623**  
(Available 9:00 a.m. to 6:00 p.m., 7 days/week)
3. Ohsweken Public Health Office @ **519-445-2672**  
(Available 8:30 a.m. to 4:30 p.m., Monday to Friday)
4. Six Nations Health Services Office @ **519-445-2418**  
(Available 8:30 a.m. to 4:30 p.m., Monday to Friday)

If you have access to a computer and the internet, you can also go to the following websites:

Ministry of Health of Ontario website:

[www.health.gov.on.ca](http://www.health.gov.on.ca)

Ontario First Nations Pandemic website:

[www.pandemic.knet.ca](http://www.pandemic.knet.ca)

Six Nations Council website:

[www.sixnations.ca](http://www.sixnations.ca)

### WEBSITE SOURCES:

[www.emergencymanagementontario.ca](http://www.emergencymanagementontario.ca)

[www.redcross.org/services/disaster/beprepared](http://www.redcross.org/services/disaster/beprepared)

[www.mpss.jus.gov.on.ca/english/pub\\_security/EMO/esk.html](http://www.mpss.jus.gov.on.ca/english/pub_security/EMO/esk.html)

[www.redcross.org/preparedness/cdc\\_english/FoodWater.asp](http://www.redcross.org/preparedness/cdc_english/FoodWater.asp)

[www.psepc.gc.ca](http://www.psepc.gc.ca)

[www.ccohs.ca](http://www.ccohs.ca)

[www.colgate.com](http://www.colgate.com)

## **EMERGENCY PREPAREDNESS:**

This self care and emergency preparedness package is designed to provide you and your family with relevant and important information regarding “**How to Be Prepared At Home for an Emergency**” should one arise in our community.

Emergencies or disasters, whether they are natural or human-caused can strike at any time. If this were to happen in our community, residents may not have access to food, water and electricity for days or even weeks. By taking steps now to have a personal family emergency plan, storing emergency food/ water and having an emergency supply kit, you can help minimize the stressful affect of any such disaster or emergency on your family.

Emergency planning for your family covers 5 basic steps. These include:

### **1. Identify the risks**

Knowing the risk will help you better plan for them. You may find it helpful to prepare a list of the risks you are most likely to face and think about how they might affect your family. Here are some of the possibilities:

#### **NATURAL PHENOMENA**

Influenza Pandemic  
Floods  
Earthquakes  
Tornadoes, hurricanes and blizzards  
Hail, lightning and storm surges  
Landslides and avalanches  
Freezing rainstorms

#### **TECHNOLOGICAL FAILURES OR DELIBERATE ACTS**

Power outages  
Toxic chemical spills or fumes  
Terrorism explosions  
Biological, radiological or nuclear incidents

You can find out about the most common risks in our region by consulting the Canadian Disaster Database and the Natural Hazards of Canada map at [www.pcepc.gc.ca](http://www.pcepc.gc.ca) on the net.

### **2. Prepare your Family Emergency Plan**

It's important to have a family emergency plan in place before an emergency or disaster strikes. Being prepared and having a plan will help eliminate or decrease the amount of confusion, fear and stress that family members may feel.

### **3. Assemble your Emergency Kits**

Having essential items at hand will be a great comfort in an emergency. Ensure that you cover all areas. These include food, water, survival kit, sanitary supplies, tools, clothing and bedding, special consideration items and pet supplies. Your kits can be big or small depending on your needs and the season. Some items within your kit may need to be replaced regularly throughout the year. Mark all food and water items with the date of being stored.

### **4. Check Emergency Plans**

You should be aware and knowledgeable about emergency plans within your community. Know the plan and ask questions! Do you have a role in the plan? Is there an evacuation plan for your community? Is there an alternate work site in case of emergencies? Do you have to report to work in an emergency? Will my children be going to school during an emergency? Keep important numbers-including fire, police and ambulance near your telephone. It is very important to become familiar with your community emergency plan.

## 5. Practice as a family at least once a year and review your plan once a year

An emergency can happen anytime, anywhere. Practice and being prepared often helps people feel less disorientated and better organized when an emergency does happen. Updating your plan and checking the contents of your emergency kit will help to eliminate outdated material and resources.

**“Knowing the risks will help you plan better for them.”**

### **WATER SUPPLY**

In any such emergency, having an ample supply of clean water is a top priority, for drinking, food preparation and hygiene.

- Current recommendation is to store at least 4 litres of water per person and pet(s) per day, 2 for drinking and 2 for food preparation, hygiene and dish washing. \*\*A hot environment and intense physical activity can dramatically increase the amount of water that a person needs to drink.
- Current recommendation is to store at least a two-week supply of water for each member of your family.
- Take into consideration that children, nursing mothers and ill people will need even more water.
- Take into consideration that you will also need water for food preparation and possibly hygiene.
- If supplies run low, never ration water, drink the amount you need today and try to find more for tomorrow.
- You can minimize the amount of water your body needs by reducing activity and staying cool.

#### **How and Where To Store Water:**

- Store water in a cool, dark place in your home, each vehicle and at your workplace.
- Preferably in store-bought, factory sealed water containers.
- Alternately, in food-grade quality containers made for storing water and available from sporting goods and surplus stores and other retailers. These containers must be thoroughly washed, sanitized and rinsed before use. The water you store in them (Tap water), may need to be treated before being stored. Contact the Community Health Representative office (519-445-2947) for more information on safe water storage and consumption.

#### **DO NOT:**

- DO NOT store bought water past the expiration or “use by” date on the container.
- DO NOT use containers that can’t be tightly sealed.
- DO NOT use containers that can break, such as glass bottles.
- DO NOT use containers that have ever held any toxic substance.
- DO NOT use plastic milk bottles or cartons. They are difficult to clean and break down over time.

#### **DO:**

- Change stored water every six months or when the expiry date on the bottle/container has passed.

### **FOOD SUPPLIES**

Even though it is unlikely that an emergency would cut off the food supply for two weeks, you should prepare a supply that will last that long. The easiest way to develop a two-week stockpile is to increase the amount of basic foods you normally keep on your shelves.

During and after a disaster, it will be vital that you and your household (including your pets) have enough food and eat enough to maintain your health and strength.

#### **Storage Tips:**

- Store foods that you eat regularly. Foods that require no refrigeration, preparation or cooking are best. Include vitamin, mineral and protein supplements to ensure adequate nutrition.
- Store enough food for two weeks. It is better to have extra you can share than to run out. Individuals with special diets and allergies will need particular attention as well as babies, toddlers, ill and elderly people. Nursing mothers may need liquid formula, in case they are unable to nurse. Canned foods, juice and soups may be helpful for the ill or elderly community members.
- Make sure you have a manual can opener and disposable utensils.

- Open food boxes or cans carefully so that you can close them tightly after each use.

### **How and Where To Store Food Supplies:**

- Keep food in a dry, cool spot, out of the sun if possible.
- Keep food covered at all times.
- Wrap perishable foods such as cookies and crackers in plastic bags and keep them in sealed containers.
- Empty opened packages of sugar, dried fruits and nuts into screw-top jars or airtight cans to keep them fresh and unspoiled.
- Empty opened packages of sugar, dried fruits and nuts into screw-top jars or air-tight cans to protect them from pests.
- Inspect all food for spoilage before use.
- Use foods before they go bad and replace them with fresh supplies dated with ink or marker. Place new items at the back of the storage area and older ones in front.

### **DO NOT:**

- DO NOT use canned goods that have become swollen, dented or corroded.
- DO NOT use fatty, high protein or salty foods when the water supply is low.
- DO NOT go out and buy unfamiliar foods to prepare an emergency food supply.

### **DO:**

- Keep your hands clean, it's one of the best ways to keep from getting sick and spreading germs. If soap and running water are not available, use alcohol based hand gels or wipes to clean hands.
- Inspect all food for signs of spoilage before use. Throw out perishable foods, such as meat and poultry that have been left out at room temperature for more than 2 hours.
- REPLACE YOUR STORED FOOD ON A REGULAR BASIS with fresh supplies, mark the date on the container.
- Eat salt-free crackers, whole grain cereals and canned foods with a low salt content if your water supplies are low.
- If there's a power outage, eat food in the refrigerator first, the freezer next and lastly from your stored supplies. In a well-filled well-insulated freezer, foods will usually still have ice crystals in their centers (meaning foods are safe to eat) for at least two days.
- You can use the canned foods, dry mixes and other supplies on your cupboard shelf.
- Buy familiar foods, they are important as they can lift morale and give a feeling of security in a time of stress.

### **REMEMBER!!**

- To replace your stored food on a regular rotating basis.

## **RECOMMENDED SHELF LIFE OF FOODS IN STORAGE**

### **WITHIN SIX MONTHS USE:**

- Boxed potatoes
- Dried fruit (in meal container)
- Dry, crisp crackers (in metal container)
- Powdered milk (boxed)

### **WITH ONE YEAR USE:**

- Canned, condensed meat and vegetable soups
- Canned fruits, fruit juices and vegetables
- Hard candy and canned nuts
- Jelly
- Peanut butter
- Ready to eat cereals and uncooked instant cereals (in metal container)
- Vitamins

### **IN PROPER CONTAINERS AND CONDITIONS, THE FOLLOWING CAN BE STORED INDEFINITELY:**

- Baking powder
- Bouillon products
- Dried corn
- Dry pasta
- Instant coffee, tea and cocoa
- Noncarbonated soft drinks
- Vegetable oils
- Salt
- Soybeans
- Wheat (for bread making)
- White rice
- Powdered milk (in nitrogen-packed cans)

**When Food Supplies Are Low:**

If activity is reduced, healthy people can survive on half of their usual food intake for an extended period - **although this is not an ideal situation.**

Food, unlike water, may be rationed safely, EXCEPT for children, pregnant women, the elderly and ill community members.

If your water supply is limited, try to avoid foods that are high in fat, protein and salt. Try to eat salt-free crackers, whole grain cereals and canned foods with high liquid content.

**Special Considerations:**

As you stock food, take into account your family’s unique needs and tastes. Try to include foods that they will enjoy and that are also high in calories and nutrition. Foods that do not require refrigeration, preparation, or cooking, are always the best choice.

Individuals with special diets and allergies will need particular attention as will babies, toddlers and elderly people.

**ADDITIONAL SUPPLIES/TOOLS TO INCLUDE IN YOUR EMERGENCY PREPAREDNESS KIT**

The emergency preparedness kits are designed to be the basics of supplies that may be needed when an emergency or disaster happens. While the materials included in the kit are a good start, no kit will provide all the supplies that individuals may need in an emergency. Your kit should be customized based on your own personal needs. Contents may include:

**SANITATION**

- Toilet paper
- Paper towels
- Bar soap, liquid detergent
- Toothpaste/toothbrushes
- Contact lenses and supplies
- Shampoo/conditioner
- Deodorants
- Combs/brushes
- Feminine supplies
- Plastic garbage bags, ties
- Hand sanitizer
- Household chlorine bleach
- Plastic bucket with tight lid

**CLOTHING AND BEDDING**

- At least one complete change of clothing and footwear per person
- Sturdy shoes or work boots
- Rain gear
- Blankets or sleeping bags
- Hat and gloves
- Thermal underwear

#### **TOOLS AND SUPPLIES**

- Flashlight and extra batteries
- Paper cups, plates and plastic utensils
- Manual can opener
- Pliers
- Tape
- Matches in waterproof container
- Needles/thread
- Aluminum foil
- Plastic wrap
- First aid kit (freshly stocked)
- Whistle
- Candles
- Battery operated radio and extra batteries
- Pipe wrench (to turn off household water)
- Medicine dropper
- Plastic storage containers
- Knife or razor blades
- Garden hose for siphoning and firefighting
- Heavy gloves for clearing debris
- Camping stove for outdoor cooking (Caution: before using fire to cook, make sure there are no gas leaks: never use charcoal indoors)
- Tool kit including a screwdriver, pliers and a hammer
- Coil of ½ “ rope
- Plastic tape, staple gun and sheeting for window replacement
- Bicycle(s)
- Map of areas

#### **SPECIAL ITEMS**

- Medications (both prescription and non-prescription) that you take including pain relievers, stomach remedies, etc. (Ask your physician or pharmacist about storing prescription medications)
- Extra eyeglasses
- Important family documents (in a waterproof portable container)
  - Will, insurance policies, contracts, bonds
  - Passports, immunization records
  - Bank account numbers
  - Credit card account numbers and companies
  - Inventory or valuable possessions/household goods/important telephone numbers
  - Family records (copy’s of birth & marriage certificates, status cards)
- Entertainment-games and books
- Supplies for persons with special needs such as infant, elderly, disabled persons or anyone with a serious allergies (including special foods, denture items, extra eyeglasses, hearing aid batteries, prescription and non-prescription medications that are regularly used, inhalers and other essential equipment, diaper, formula, bottles, pacifiers)
- Money-cash, travelers’ cheques
- Communication kit (paper, pens, stamps)

## **PETS AND EMERGENCIES**

Pets are part of our families. During emergency situations, it is important to know how to keep our family pets safe. Supplies should include:

- Food and water supply-two week
- Depending on the pet-specialty items such as cat litter
- Sturdy leashes, harnesses and carriers to transport pets safely and to ensure that your pets cannot escape. A carrier should be large enough for the animal to stand comfortably, turn around and lie down. Blankets or towels for bedding inside the carrier.
- Pet toys.
- Current photo and descriptions of your pets to help identify them in case you and your pet become separated.
- All medical information pertaining to your pet.

## **CHILDREN AND EMERGENCIES**

During an emergency it is important to remember that your children will look to you for guidance and comfort.

### **Remember that:**

- Children follow their parent's/caregiver's lead-the calmer you are, the calmer they will be.
- It is important to talk to them openly and honestly about what is happening. Try to explain the nature of the problem in a way that they will understand, what is being done to solve the emergency and include what is being done to make them safe (possible isolation or quarantine).
- Never dismiss their fears or anxieties.
- You should try and monitor what they watch on television. News coverage of certain emergency situations can be distressing for children.
- You can reassure them by explaining that everything is under control and everything possible is being done to ensure their safety.

If you would like additional information or have any questions regarding the information in this package please call either:

**Six Nations Health Services ..... 519-445-2418**

**Ohsweken Public Health Office ..... 519-445-2672**