

## Pandemic Flu supplies checklist

In addition to your normal stocks of supplies, it is worthwhile adding some additional items for Pandemic Flu Preparedness. This checklist is intended as a starting off point to help you when you are thinking about what supplies you'll need and what amounts to buy – whether for your business or for your own family. It's a good idea to gradually buy items now so that you have at least a two-week supply of basic care supplies for each person in your home or organisation. This list is not exhaustive and you may want to add additional items that are relevant to your individual needs.

### Two-week Pandemic Flu supply checklist

Items	2 people	4 people	Your qty	Check off
Thermometer	1	1		
Surgical masks	50	100		
Bleach	1/2 gallon	1 gallon		
Laundry detergent	1 lb	2 lbs		
Dishwasher detergent	250 ml	500 ml		
Soap	2 bars / 3 dispensers	4 bars / 6 dispensers		
Toilet paper	6 rolls	12 rolls		
Paper towels	4 rolls	8 rolls		
Tissues	3 boxes	6 boxes		
Alcohol-based sanitiser	2 x 8 fl oz containers	4 x 8 fl oz containers		
Drinks with electrolytes	48 x 8fl.oz bottles	96 x 8 fl.oz containers		
Prescription meds	As needed	As needed		
Paracetamol	500mg tabs as needed	500 mg tabs as needed		
Pain and fever medicines	1 large bottle	2 large bottles		
Cough medicines	2 bottles	4 bottles		
Rubber gloves	1 pair	2 pairs		
Disposable gloves	100 pairs	200 pairs		
Antibacterial wipes/gel	1 box	2 boxes		