How Should You Prepare?

- **Families & Individuals**
  
  *General Emergency Preparedness*
  *Pandemic Influenza Preparedness*
  *Planning Resources*

  - General Emergency Preparedness
    - [Ready.gov](#)
    - [Family Emergency Health Information Sheet](#) to create a family emergency health plan for each member of your family.
    - [Emergency Contacts Form](#)
    - [Emergency Kit Checklist](#) to compile a family emergency kit
    - [American Red Cross](#)

  - Pandemic Influenza Preparedness
    - [Pandemic Influenza Planning Resources](#)

  - Planning Resources
    - [Pandemic Flu Planning Checklist for Individuals and Families](#)
    - [Be Ready for Pandemic Flu](#)
    - [Pandemic Influenza Planning: A Guide for Individuals and Families](#)
    - [Stockpiling Fact Sheet](#)
      - [Stockpiling Facts](#)
      - [Checklist for Creating an Emergency Stockpile](#)
      - [Stockpiling Grocery List](#)
      - [Easy Recipes When Using Your Stockpile](#)
    - [Talking to Kids](#)
    - [Information for Kids](#)
    - [Information for Teens](#)
    - [What You Can do Now](#)
    - [A-Z Guide for Families](#)