



Links For Emergency Preparedness

Families & Individuals

General Emergency Preparedness
Natural Disaster Preparedness
Pandemic Influenza Preparedness

General Emergency Preparedness:

- [Ready.gov](#)
- [Family Emergency Health Information Sheet](#)
Use this form to create a family emergency health plan for each member of your family.
- [Emergency Contacts Form](#)
Use this form to keep track of important contact information you may need during a health emergency
- Get an Emergency Kit Checklist
Ready.gov guide for compiling a family emergency kit.
- [American Red Cross](#)

Natural Disaster Preparedness:

- Cold Weather
- Drought
- Flooding
- Heat
- Power Outage Safety
- Tornado

Pandemic Influenza Preparedness

General Information about Pandemic Influenza

- [Pandemic Influenza](#)

Planning Resources

- [Pandemic Flu Planning Checklist for Individuals and Families](#)
You can prepare for the unexpected. Use this checklist to help gather the information and resources you may need in case of an influenza pandemic.
- Be Ready for Pandemic Flu

It's not the flu you're used to. A practical fact sheet from the American Public Health Association about how to prepare now for pandemic influenza.

- [Pandemic Influenza Planning: A Guide for Individuals and Families](#)
A guide to help you understand the threat of a pandemic influenza outbreak in our country and your community. Describes actions you can take in preparing for a pandemic.
- [Stockpiling Fact Sheet](#)
Experts recommend you have at least a one-week stockpile of food, water, and goods that are purchased over time to limit the financial impact and prevent store shortages.
- [Talking to Kids](#)
Recommendations about how to talk to your children about bird flu and pandemic influenza.
- [Information for Kids](#)
Information from Kids Health about avian influenza, specifically designed for kids.
- [Information for Teens](#)
Information from Kids Health about avian influenza, specifically designed for teens.
- [What You Can Do Now](#)
Tips about how you can prepare yourself and your family for pandemic influenza and other emergencies.
- [A-Z Guide for Families](#)
An A-Z guide to help you prepare your family now for a future influenza pandemic.