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.