

City of Fort Saskatchewan

Resident

Personal Pandemic Planning Guide

Drilling down at home



CITY OF
FORT SASKATCHEWAN

October 2009

City of Fort Saskatchewan Pandemic Planning

Drilling down at home

The City of Fort Saskatchewan's Pandemic Planning Team has been actively working for over a year developing plans and strategies to ensure that the City of Fort Saskatchewan's critical and essential services can continue during a pandemic influenza or any other infectious disease outbreak. An important component of the plan is ensuring that Fort Saskatchewan residents are prepared and have the ability to care for themselves and for their families.

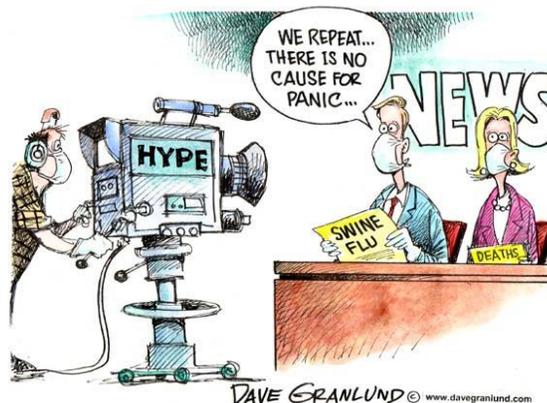
This Personal Pandemic Planning Guide is meant to assist you in developing your own plans for at home. Once you have developed your own personal strategy, we recommend that you post your plan on your fridge and revisit it frequently.

You will quickly notice that many of these questions relate to children and childcare arrangements. During an infectious outbreak, there is the potential for schools and daycares to be closed down. It is important, therefore, to plan for alternative childcare arrangements if you rely on schools and daycares. Those who care for the elderly or other individuals with special needs could also have challenges that require pre-planning.

We hope you find this guide helpful and invite you to contact us if you have any questions or concerns regarding this planning guide or any other questions regarding pandemic planning.

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Don't be scared – be prepared!

This booklet contains information to help with your Personal Pandemic Planning:

- ✓ Questionnaire to assist with your personal plans
- ✓ Personal & Family Emergency Health Information Sheet
- ✓ Emergency Contact List
- ✓ Planning tips and checklist

Personal Planning Questionnaire

Do you have children? _____	Ages
	0-4 _____
	5-12 _____
Do you have children with special needs? _____	13-18 _____

Is there another parent or guardian? _____

Does that person live with you? _____

Does the other parent or guardian work? Stay at home? _____

Can the other parent/guardian/caregiver work from home? _____

What are your current childcare arrangements?

- Day Care
- Day home
- Other parent/guardian
- In house nanny or babysitter
- Family member

Do you have other family or friends in the area that would be willing and able to help with childcare?
(List names, phone numbers) _____

If schools/daycares/day homes were closed, what are your alternatives for childcare?

Option 1: _____

Option 2: _____

Option 3: _____

Do you provide care, in house or otherwise, for another family member or adult who may be ill or have other special needs? _____

Is there another caregiver to assist you? _____

Does that person live in Fort Saskatchewan? _____

Does the other caregiver work? Stay at home? _____

Can the other caregiver work from home? _____

What other services do you use to assist you with this care? _____

What arrangements will you have to make if these services are not available during a pandemic?

If you absolutely could not make any alternative arrangements for care of persons at home, please consider the following questions:

Can you do your job from home? _____

What portions of your job could be done from home? _____

What do you need in order to do your job from home? _____

Have you met with your employer to discuss working from home during a pandemic influenza situation if the need arose? _____

Other considerations:

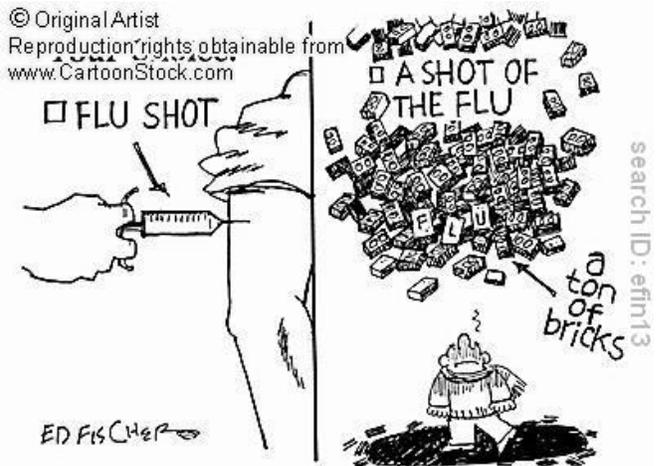
Do you have any pets? (type, number) _____

Do you live on an acreage or farm with animals? (type, number) _____

Do any of these animals have any special care requirements? _____

Do you have someone to look after your animals if you become ill or have to be away from home for extended periods of time? (Name, phone number) _____

Make sure you contact all the people you have listed in your plan as alternative caregivers, whether for people or animals, so they can include you in their own pandemic plans.



Personal and Family Emergency Health Information

Family Member	Blood Type	Allergies	Past/Current Medical Conditions	Current Medications, Dosages

Emergency Contacts:

Contacts	Name/Phone Number
Local personal emergency contact:	
Out-of-town personal emergency contact:	
Hospitals near: Work	
School	
Home	
Family Physicians:	
Capital Health:	
Pharmacy:	
Employer contact & emergency information:	
School contact & emergency information:	
Religious/spiritual organization:	
Veterinarian:	

Your Personal Pandemic Plan

Plan for a Pandemic:

- Store extra food and water. During a pandemic, you may not be able to get into a store, or they might be out of supplies.
- Ask your doctor for an extra supply of your regular medications and follow proper storage instructions.
- Have on hand an extra supply of non-prescription medications for common ailments.
- Make plans for caring for ill family members at home. Check in on neighbours, such as seniors, who may need assistance.
- Volunteer with local groups to prepare and assist with emergency response.
- Get involved with your community to prepare for an influenza pandemic.

Supplies to have on hand:

- Ready-to-eat canned meats, fruits, vegetables, and soups
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter or nuts
- Dried fruit
- Crackers
- Canned juices
- Bottled water
- Canned or jarred baby food and formula
- Pet food
- Manual can opener
- Prescribed medical supplies (glucose and blood-pressure monitoring equipment)
- Soap and water or alcohol-based hand wash (hand sanitizer)
- Medicines for fever (acetaminophen or ibuprofen)
- Thermometer
- Anti-diarrheal medication
- Vitamins
- Fluids with electrolytes
- Cleansing agent/soap
- Flashlight, batteries, portable radio
- Garbage bags
- Tissues, toilet paper, disposable diapers, feminine hygiene products

How much water?

- 3 litres per person/day
- 1 pint per cat/day
- 1 gallon per dog/day (size dependent)

For a two week period

General signs and symptoms of typical influenza**Typical Influenza:**

- Fever, cough, sore throats
- Muscle aches
- General malaise
- Upper respiratory infection

Limit the spread of germs and prevent infections:

- Teach your children to wash hands frequently with soap and water. Make sure you do the same.
- Teach your children to cover coughs and sneezes with tissues or their forearm. Lead by example.
- Distance yourself from others who are sick. Keep yourself and your children home from school or work when sick.

Easy Tips to Reduce the Risk**COVER THAT COUGH!**

- Use a tissue to cover your mouth and nose when you cough or sneeze and throw the tissue into the garbage immediately.
- Don't use your hands to catch your cough or sneeze! Use your arm or elbow to cover your face.

ABCs OF HANDWASHING

- Recite the alphabet twice when washing your hands and always use soap and warm water.
- Keep a hand sanitizer with you as back up for extra protection.

WHEN TO WASH

- After you cough or sneeze.
- Each time you use the bathroom.
- When caring for a sick person.
- After handling garbage or animal waste.
- Before and after handling food.

KEEP IT CLEAN!

- Keep your home and work areas clean by using household detergents.
- Sterilize surfaces with bleach (3/4 cup bleach to 1 gallon water) or with rubbing alcohol (undiluted).

YOU'RE IN MY SPACE!

- Try to avoid crowds, especially in peak flu season.
- Restrict your travel.
- Do you commute to school or work on public transportation? Be sure to follow proper hygiene as noted above.

Visit the City of Fort Saskatchewan's website for more information on personal care, cleaning, and social distancing to help reduce the risk of contracting or spreading the flu!



The only thing tougher than planning for a disaster
is explaining why you didn't.

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