



Pat Quinn, Governor

Damon T. Arnold, M.D., M.P.H., Director

Preparing Your Household for H1N1 Influenza

H1N1 influenza is likely to continue to affect Illinois during the months ahead, especially during the fall and winter. Basic activities you can do now to help be prepared, should H1N1 influenza affect your household, include the following:

- Have plans in place in case you have to stay at home for a week due to illness or the need to care for someone else who is ill, or your child's school is closed.
- Read about caring for a person who has H1N1 influenza in your home: http://www.cdc.gov/h1n1flu/guidance_homecare.htm, and obtain any supplies needed for care of an ill individual, as outlined below.
- If you live alone, are a single parent of young children, or are the only person caring for a frail or disabled person, think of someone you could ask for help if you became very ill with the flu. Discuss with that person what you might need and how they could help.
- Think of someone who might be able to care for your children if their school or daycare center was to close during an outbreak but you still had to go to work. Talk it over with the person.
- Arrange a telephone network for you and the people who live close by so that you can easily check on each other, if necessary.
- Talk to your family and friends about your plans
- Display the phone number of your family doctor so it can easily be seen. Find a doctor this month if you don't have one already.
- Know whether or not you or a family member has an [underlying condition](#) (including asthma, age younger than 5 years, and pregnancy) that can be associated with higher risk of developing severe illness when influenza infection occurs. If an underlying condition is present, a physician should be contacted right away if an influenza like illness develops (oral temperature of 100 degrees Fahrenheit or greater with cough and/or sore throat).
- Ask your physician if your family should get the pneumococcal vaccine, which can help prevent some influenza related pneumonia due to a bacterial infection.
- Have supplies on hand:
 - Periodically check your regular prescription drugs to ensure a continuous supply in your home. Your health plan may allow you to refill prescriptions earlier than usual. For example, Medicare beneficiaries should be able to obtain early refills on their Part D medications.
 - Have any nonprescription drugs and other health and hygiene supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, vitamins, thermometers, as well as soap, alcohol-based hand sanitizer, toothpaste, tissues, toilet paper, cleaning products, gloves and masks.

- Store a one week supply of water and food. If you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies, such as power outages and disasters. A checklist of supplies is available at <http://www.pandemicflu.gov/plan/individual/checklist.html>. In addition, think of someone who could help you with any additional food and supplies you might find you need if you and your family were sick and could not leave the house.

- Stay informed. Check the <http://www.idph.state.il.us> and <http://www.cdc.gov/h1n1flu> Web sites for up to date and reliable information about the status of the H1N1 situation, and new recommendations.