

PC-PRO-0005 – Prepare yourself and family for a pandemic

People, Culture and Communication



Security Class: PowerNet Employees Only

Have a plan and be prepared in case you need to stay at home during a pandemic.

The Ministry of Health is working with the health sector and other government agencies to ensure New Zealand is as prepared as possible for COVID -19 pandemic.

Staying at home

In a pandemic you may need to stay at home because:

- you are sick
- you need to self-isolate
- you are caring for a sick family or household member
- you are caring for a dependant (for example, if schools close).

Get prepared

Here are some simple things you can do to make sure that you and your family/ whānau/ household are prepared for a pandemic.

Have a plan

Make a plan with family and friends that includes:

- Who will help with food and supplies if you and your household are ill
- Who will look after your extended family if they don't live nearby (for example, who could deliver groceries or meals to sick family members)
- Who would look after your children/ dependents if they need to stay at home and you must go to work.
- Who will pick up your children /dependants from school
- Who will look after your pets and animals
- Do you have adequate fuel in your vehicle
- If you are formula feeding your baby you will need infant formula, clean water as well as feeding and sterilisation equipment to look after your baby in an emergency. Your usual water and power supply may be disrupted so you will need alternative methods for sterilising equipment and purifying water for preparing formula.
- Do you have a designated area if a family member/s need to isolate
- Do you have a hygiene and cleaning plan in place (wipe down and sanitise surfaces)
- Have you made arrangements to receive the flu vaccination
- Have you considered social distancing and unnecessary travel (public transport, recreational or leisure activities where you may come in contact with infectious people)

Think about whether you could work from home and what you would need to do this.

A handwritten signature in black ink, appearing to be "D. Stevens".

- Learn more about infectious disease prevention and control from the Ministry of Health website.

List key contacts

Have key contact numbers in a place that is easy to find (for example, on the fridge door).

Include the phone numbers of:

- The people living nearby who you could call if you needed help
- Your doctor
- Health Line (Freephone: 0800 611 116)
- Your workplace EAP or PFA

Build up your emergency supplies

Keep at least a week's supply of food, tissues, fuel and your usual medicines so you don't need to make trips out in public.

If you have an existing medical condition make sure that you:

- Don't run out of your regular medications
- Take medications to keep any medical condition under control.

HOUSEHOLD PANDEMIC PLAN

Complete this plan with all members of your household

YOUR HOUSEHOLD

Address

Name

Phone numbers

Name

Phone numbers

Name

Phone numbers

Name

Phone numbers

Name

Phone numbers

1. If we can't get home or contact each other we will meet or leave a message at:

Name

Contact details

Name (back-up)

Contact details

Name (out of town)

Contact details

2. The person responsible for collecting the children from school is:

Name

Contact details

3. Survival Items

Person responsible for hygiene and cleaning plan

Person responsible for supplies:

check and replenish at least weekly/monthly

The medical/first aid kits are stored in the

4. The radio station (inc AM/FM frequency) we will tune in for pandemic updates

5. Friends/neighbours who may need our help or who can help us

Name

Address

Phone

Name

Address

Phone

6. On a separate sheet of paper draw a plan of the house showing isolation areas

IMPORTANT PHONE NUMBERS

Work

Pharmacy

Medical Centre

EAP/PFA

Vet/Kennel/Cattery

School

Ministry Of Health Helpline

HOUSEHOLD CHECKLIST

What you will need to get through

Supplies required (food, cleaning items)

-
-
-
-
-
-
-
-

-
-
-
-
-
-