

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



People, Culture and Communication – Occupational Health

Security Class: PowerNet Employees Only

V2.0	Reviewed & updated 'Have a plan'

## 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 remains as prepared as possible for any COVID-19 pandemic alert levels.

### 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 / whanau / household are prepared for a pandemic.

### Have a plan

Make a plan with family and friends that includes:

- Help with food and supplies if you and your household are ill.
- Care for your extended family if they don't live nearby (for example, who could deliver groceries or meals to sick family members).
- Care for your children/ dependents if they need to stay at home and you must go to work.
- School pick up's for your children /dependants.
- Care for your pets and animals.
- Do you have adequate fuel in your vehicle.
- If you are formula feeding your baby, do you have 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.
- A designated area if your family member/s need to isolate.
- A hygiene and cleaning plan in place (wipe down and sanitise surfaces).
- Have you made arrangements to receive the flu and covid vaccination.
- Think about 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.

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## 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.