

# Get your family ready for a flu pandemic

## with Radius Pharmacy

### Build up your emergency supplies kit

- Have a supply of food and drinks to last for at least a week. Choose long-lasting foods in cans and packets, and dried foods.
- Paracetamol or ibuprofen are good for bringing down a fever and reducing aches and pains. Do not use anything else for children unless you talk to your doctor or pharmacist first.
- Masks worn by sick people can help stop the spread of germs. If there is a pandemic, a mask can be worn only for a short time, and needs changing when wet from sneezing and coughing.
- Have tissues (or toilet paper) and a plastic bag for used tissues.
- Think about things to do, if you and your family have to stay home for more than a week (eg: books, games and videos).
- Thermometer (ear thermometer is best, as sterilisation during this time may be difficult, rehydration sachets, liquid soap).

### Prevention

Possible prevention options are:

- Tamiflu
- Clinicians: Viractive; selenium and family C
- Weleda: Infludo; Pneumodoran I and II (RX only); Cough Elixir; Echinacea/ Thuja Comp.
- Thompon's Naturopath recommends Immunofort; Vitamin C, Multidophilis and Pregnacare
- Instant Hand Sanitizers
- Blackmores recommend Olive Leaf Extract
- Kordel's agewise & Nutra-life Naturopath recommends Kyolic Garlic; Oliviral and Ester C
- Naturopaths recommend Echinacea 10,000

### Have a plan

During a pandemic, you and your family may be so sick that you need to stay at home for several weeks. Make a plan with family and friends so it includes:

- Who could help with food and suppliers if you and your family are ill?
- If you have prescription medicines (eg: for blood pressure), renewing your prescription well before you run out.
- The telephone numbers of people who live near you, as well as your doctor's phone number. Keep this in a place that is easy to see (eg: on the fridge door).
- An emergency supplies kit - see the 'Emergency Survival Items' list on the inside back of the Yellow pages. or check the Ministry of Civil Defence and Emergency Management website on: [www.civildefence.govt.nz](http://www.civildefence.govt.nz)

# Get your family ready for a flu pandemic

## with Radius Pharmacy

### Build up your emergency supplies kit

- Have a supply of food and drinks to last for at least a week. Choose long-lasting foods in cans and packets, and dried foods.
- Paracetamol or ibuprofen are good for bringing down a fever and reducing aches and pains. Do not use anything else for children unless you talk to your doctor or pharmacist first.
- Masks worn by sick people can help stop the spread of germs. If there is a pandemic, a mask can be worn only for a short time, and needs changing when wet from sneezing and coughing.
- Have tissues (or toilet paper) and a plastic bag for used tissues.
- Think about things to do, if you and your family have to stay home for more than a week (eg: books, games and videos).
- Thermometer (ear thermometer is best, as sterilisation during this time may be difficult, rehydration sachets, liquid soap).

### Prevention

Possible prevention options are:

- Tamiflu
- Clinicians: Viractive; selenium and family C
- Weleda: Infludo; Pneumodoran I and II (RX only); Cough Elixir; Echinacea/ Thuja Comp.
- Thompon's Naturopath recommends Immunofort; Vitamin C, Multidiphilis and Pregnacare
- Instant Hand Sanitizers
- Blackmores recommend Olive Leaf Extract
- Kordel's agewise & Nutra-life Naturopath recommends Kyolic Garlic; Oliviral and Ester C
- Naturopaths recommend Echinacea 10,000

### Have a plan

During a pandemic, you and your family may be so sick that you need to stay at home for several weeks.

Make a plan with family and friends so it includes:

- Who could help with food and suppliers if you and your family are ill?
- If you have prescription medicines (eg: for blood pressure), renewing your prescription well before you run out.
- The telephone numbers of people who live near you, as well as your doctor's phone number. Keep this in a place that is easy to see (eg: on the fridge door).
- An emergency supplies kit - see the 'Emergency Survival Items' list on the inside back of the Yellow pages. or check the Ministry of Civil Defence and Emergency Management website on: [www.civildefence.govt.nz](http://www.civildefence.govt.nz)