

# Getting ready for a flu pandemic

# Preparing your Household for a flu pandemic

## Contact Numbers

Healthline: 0800 611 116

AVN Flu: 0800 286 358

GP: \_\_\_\_\_

Others: \_\_\_\_\_

Website: [www.moh.govt.nz/pandemicinfluenza](http://www.moh.govt.nz/pandemicinfluenza)



## Who will I/we need to help?

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## What do I/we need to be storing?

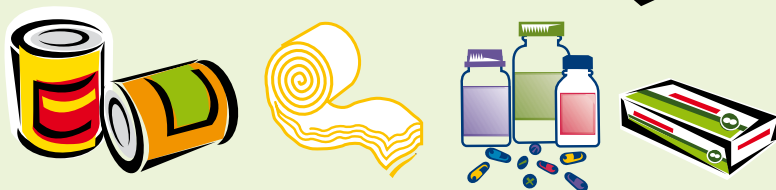
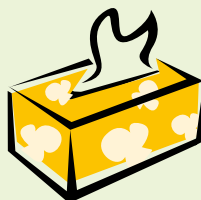
Paracetamol or ibuprofen  
7 to 10 day supply per person

Tissues/toilet paper extra supply

Cough syrups/throat lozenges for each person

Food/fluids 7 to 10 day supply

Regular medication supply



SEE MINISTRY OF HEALTH'S GETTING READY FOR A FLU PANDEMIC EMERGENCY SUPPLIES KIT INFORMATION SHEET

## Family name:

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## Address:

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## Who will help me or my family if I/we are sick?

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