



How Should You Prepare?

- ***Families & Individuals***

[General Emergency Preparedness](#)

[Pandemic Influenza Preparedness](#)

[Planning Resources](#)

- General Emergency Preparedness
 - [Ready.gov](#)
 - [Family Emergency Health Information Sheet](#) to create a family emergency health plan for each member of your family.
 - [Emergency Contacts Form](#)
 - [Emergency Kit Checklist](#) to compile a family emergency kit
 - [American Red Cross](#)
- Pandemic Influenza Preparedness
 - [Pandemic Influenza](#)
- Planning Resources
 - [Pandemic Flu Planning Checklist for Individuals and Families](#)
 - [Be Ready for Pandemic Flu](#)
 - [Pandemic Influenza Planning: A Guide for Individuals and Families](#)
 - [Stockpiling Fact Sheet](#)
 - [Stockpiling Facts](#)
 - [Checklist for Creating an Emergency Stockpile](#)
 - [Stockpiling Grocery List](#)
 - [Easy Recipes When Using Your Stockpile](#)
 - [Talking to Kids](#)
 - [Information for Kids](#)
 - [Information for Teens](#)
 - [What You Can do Now](#)
 - [A-Z Guide for Families](#)