

College Students / KEEPING the Plan

1

Prepare a “bug out bag” or “Go-Kit” of preparedness supplies and keep it handy.

Kits may be purchased at:
http://www.redcross.org/services/disaster/0,1082,0_217_,00.html

or <http://www.ready.gov/america/getakit/index.html>

Buy some extra N95 masks, hand sanitizers, sanitary supplies, non-latex surgical gloves, prescription meds, over the counter medications, instant energy powder, water filter and meals ready to eat (MRE's) for your kit. Also consider carrying a compass, small LED flashlight or crank radio combo, whistle, waterproof matches, Swiss Army knife or Leatherman type tool, one complete change of clothes and a Mylar emergency blanket. Try living out of your kit for a weekend to see what you are forgetting.

2

**KEEP
CASH
ON
HAND**

Your most important and responsible homework is to be prepared for emergencies.

3

Healthy Habits - Avoid touching hands to nose and mouth. Washing your hands 5 times a day decreases your chances of becoming ill by 70%. Wash hands thoroughly with soap and water before eating and drinking. Cover sneeze and cough in the bend of your arm. Wear a mask when you are within 15 feet of someone who is ill.

4

Remember that old “buddy system” – Try to find a buddy or a group of buddies that you can rely on in an emergency. Pre-plan out what to do in an emergency situation. Try to find people that live in your general region in case you need to travel together or carpool. Another idea is to pre-plan to stay with an acquaintance that commutes. Keep in contact with your family as much as possible. Have a calling card in case cellular service is not available. Remember what your family emergency plan is. If you and your family do not have one, set one up with them.

Keep your gas tank full - Keep your cell phone charged

You will need this information - It is not “if” it is “when” – from your friends at www.planforpandemic.com