

Techniques for Managing STRESS AND ANXIETY

Here are some useful suggestions for coping with the stress and anxiety stemming from a public health emergency:

- Limit your exposure to graphic news stories
 - Get accurate, timely information from credible sources
- Seek out and follow the experts' advice
 - Educate yourself about the specific health hazard
- Maintain your normal daily routine
 - Exercise, eat well and rest
- Stay busy- physically and mentally
 - Communicate with friends, family and supporters
- Use spirituality and your personal beliefs
 - Keep a sense of humor
- Express yourself through writing, poetry, drawing, etc.
 - Talk and share your feelings with others



Excerpted from New Jersey Department of Human Services
Managing the Emotional Consequences of Public Health Emergencies

YOUR PANDEMIC FLU EMERGENCY KIT

As many as 1 in 4 people could get sick during a pandemic, with many of them seriously ill. Services and supplies we count on everyday may not be available. Every individual and family could be on their own, without care, for quite a while. This makes being prepared even more important.

Because everyday life may be different during a pandemic flu and services could be disrupted, make sure you have these items in your emergency preparedness kit.

- Two weeks worth of food for you and your family. This should be food that does not need refrigeration. Foods like canned meats and fish, beans, soups, fruits, and dry goods like flour, salt, and sugar, are good choices.
- Water stored in sealed, unbreakable containers. If water service is disrupted, plan on one gallon for each person for each day, for up to two weeks.
- Two weeks worth of prescription medicines. Be sure to include your doctor's name and telephone number with your prescription.
- Two weeks worth of ibuprofen or acetaminophen (Tylenol) for each person in the house for fever and pain. A two-week supply of cough medicine.
- Rehydration Solution, for example Pedialyte for kids, Gatorade for adults and teens. Please see the small box for instructions to make a rehydration solution for adults to drink. For children, especially infants and toddlers, a store-bought solution is strongly recommended.
- Cell phone and charger.
- Supply of face masks and plastic gloves. These will help protect you, especially if you are taking care of family members who are sick with the disease.
- Disinfectants and chlorine bleach.

You can get more information to make a general Emergency Preparedness Plan and Kit from the American Red Cross. Call 973.538.2160 or visit their web site at www.redcross.org.

