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FOR IMMEDIATE RELEASE

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HAVE A FLU EMERGENCY KIT

Indianapolis -- With the flu reaching high levels, families should be prepared to weather a health emergency for a few days.

According to Tabitha Cross, MEd, Chair of the Indiana Adult Immunization Coalition, one of the easiest ways to prepare is to gather and assemble an emergency supplies kit to meet your family's needs for at least three days. Your kit should include:

- Ready-to-eat non-perishable foods, such as tuna fish, peanut butter, crackers, canned fruit, juice boxes, etc.;
- A first aid kit and reference guide;
- Prescription and non-prescription medication items;
- Special items for infant, elderly or disabled family members;
- An extra pair of glasses or contact lenses, extra batteries for hearing aids; and
- Pet supplies.

“As in any emergency, a packet containing copies of important documents such as birth certificates and insurance policies will be an asset to you when time is of the essence in a medical emergency,” said Cross.

Additional Resources

A variety of resources about the flu and immunizations can be found at www.immunizeadults.org or www.flu.gov.

The Indiana Adult Immunization Coalition's mission is to reduce mortality and morbidity associated with vaccine-preventable diseases among adults, through medical provider initiatives, public education and support of community resources.