

SUPPLIES TO HAVE ON HAND WHEN THE FLU HITS:

Examples of food and non-perishables

Ready-to-eat canned meats, fish, fruits, vegetables, beans and soups

Protein or Fruit Bars

Dry Cereal or Granola

Peanut Butter or Nuts

Crackers

Canned Juices and Bottled Water

Canned or Jarred Baby Food and Formula

Pet Food

Other non-perishable foods

Examples of medical, health and emergency supplies

Prescribed medical supplies such as glucose and blood pressure monitoring
equipment

Thermometer

Vitamins

Fluids with electrolytes

Cleansing agent/soap

Manual can opener

Garbage bags

Tissues, toilet paper, disposable diapers

NH H1N1 Swine Flu information hotline: 1-888-330-6764

8 a.m. to 8 p.m. daily

This information was provided in collaboration with NH Department of Health and Human Services (DHHS) and the Centers for Disease Control (CDC).