

**READY TOGETHER FOUNDATION**  
**COMMUNITY PREPAREDNESS RESOURCE LIBRARY**

**RTF-110**

# **Pandemic & Infectious Disease Preparedness Guide**

A Practical Guide to Protecting Your Family During Disease Outbreaks  
and Public Health Emergencies

**Building Resilient Communities Together**

## Public Health Emergencies Require Preparation

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Disease outbreaks and pandemics can affect entire communities by disrupting schools, workplaces, transportation, healthcare services, and everyday life.

Preparing before a public health emergency helps families respond calmly, protect vulnerable loved ones, and reduce the spread of illness.

Preparedness starts with reliable information and healthy habits.

## Why Pandemic Preparedness Matters

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Preparing for disease outbreaks helps your family:

- Reduce the spread of illness.
- Protect vulnerable household members.
- Maintain access to essential supplies.
- Stay informed using trusted sources.
- Respond calmly during changing circumstances.

Preparation helps build confidence and resilience.

## Before a Public Health Emergency

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Take these steps before an outbreak occurs.

- ☐ Build and maintain an emergency supply kit.
- ☐ Keep a two-week supply of essential medications if appropriate.
- ☐ Update your emergency contact list.
- ☐ Know where to obtain reliable health information.
- ☐ Discuss how your family will communicate if schools or workplaces close.
- ☐ Prepare for temporary disruptions to daily routines.

## Everyday Healthy Habits

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Healthy habits help reduce the spread of many infectious diseases.

- ☐ Wash your hands regularly with soap and water.
- ☐ Cover coughs and sneezes.
- ☐ Stay home when you are sick whenever possible.
- ☐ Clean frequently touched surfaces.
- ☐ Follow guidance from healthcare professionals.
- ☐ Maintain a healthy lifestyle through balanced nutrition, hydration, physical activity, and adequate rest.

## Preparing Your Home

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Keep basic health supplies available.

- ☐ Soap

- ☐ Hand sanitizer
- ☐ Disposable tissues
- ☐ Household cleaning products
- ☐ Thermometer
- ☐ Face coverings (if recommended by public health authorities)
- ☐ Prescription medications
- ☐ Drinking water
- ☐ Non-perishable food

## Caring for Family Members

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If someone becomes ill:

- ☐ Encourage rest and hydration.
- ☐ Monitor symptoms.
- ☐ Follow advice from healthcare providers.
- ☐ Help reduce the spread of illness within the household where practical.
- ☐ Seek emergency medical care when symptoms become severe or life-threatening.

Always follow current guidance from local public health authorities.

## Protecting Children

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Help children by:

- ☐ Explaining illness in age-appropriate language.
- ☐ Encouraging frequent handwashing.
- ☐ Teaching healthy hygiene habits.
- ☐ Maintaining routines whenever possible.
- ☐ Providing reassurance during stressful situations.

Children often look to adults for comfort and guidance.

## Protecting Older Adults

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Older adults and people with certain medical conditions may face greater risks.

Help them by:

- ☐ Checking on them regularly.
- ☐ Assisting with groceries or medications if needed.
- ☐ Helping them stay connected with family and friends.
- ☐ Encouraging them to follow advice from their healthcare providers.

## Mental Well-Being

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Public health emergencies can be stressful.

Support your emotional well-being by:

- ☐ Staying connected with family and friends.
- ☐ Taking breaks from constant news coverage.
- ☐ Maintaining daily routines when possible.
- ☐ Exercising regularly.
- ☐ Asking for support when needed.

Taking care of your mental health is part of emergency preparedness.

## Stay Informed

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Use trusted information sources.

Follow updates from:

- ☐ Your local public health department.
- ☐ State health authorities.
- ☐ National public health agencies.
- ☐ Your healthcare provider.

Avoid spreading rumors or unverified information.

Reliable information helps communities respond effectively.

## Ready Together Action

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Complete these three steps this week:

- ☐ Review your household's emergency health supplies.
- ☐ Update your family's emergency contact list.
- ☐ Practice healthy hygiene habits with every member of your household.

Prepared families build healthy communities.

## Review Your Preparedness

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Review your public health preparedness:

- ☐ Every six months.
- ☐ Before seasonal illness periods.
- ☐ After changes in family health needs.
- ☐ After updating medications or emergency supplies.

Preparedness is an ongoing responsibility.

## About Ready Together Foundation

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Ready Together Foundation is dedicated to building resilient communities through emergency preparedness, emergency relief and response, youth engagement, and outreach to vulnerable populations.

Our work focuses on:

- Community Emergency Preparedness

- Emergency Relief & Response
- Youth Preparedness & Leadership
- Vulnerable Population Outreach

Together, we are building stronger, safer, and more resilient communities.

## **Ready Together Foundation**

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## **Building Resilient Communities Together**

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Preparedness is a journey, not a one-time event. Every small step you take today helps protect the people you care about tomorrow.