



Pandemics and disease outbreaks

A pandemic is a disease outbreak that spreads widely and can close schools, workplaces and shops for weeks. This page helps your family stock up sensibly, cut the chance of infection and cope until life returns to normal.

CHECKLIST

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| ☐ Bottled water | ☐ Face masks |
| ☐ Non perishable food | ☐ Thermometer |
| ☐ Prescription medicines | ☐ Tissues |
| ☐ Cleaning and disinfecting supplies | ☐ Copies of important documents |
| ☐ Soap and alcohol based hand sanitiser | |

BEFORE

- Learn the ways disease spreads, including from people who show no symptoms.
- Build up several weeks of supplies gradually so shelves stay stocked for others.
- Set up home schooling, remote work and online social options in case of closures.
- Make a family plan covering care for children, older relatives and anyone who falls ill.
- Check what your health insurance covers, including remote doctor consultations.
- Keep password protected digital copies of key documents and stay alert to scams.

DURING

- Follow local health authority guidance and check regularly for vaccine and testing updates.
- Wash hands often with soap and water or use an alcohol based hand rub.
- Keep your distance from people outside your household and avoid crowded indoor spaces.
- Wear a well fitting mask indoors or when you cannot keep your distance.
- Cough or sneeze into a bent elbow or tissue, bin the tissue, then clean hands.
- Open windows to bring fresh air indoors.
- Stay home when sick except to get medical care, and clean high touch surfaces.
- Share only accurate information and stay in touch with others to manage stress.

AFTER

- Keep good habits: handwashing, covering coughs and staying home when ill.
- Return to normal activities gradually, following official health advice.
- Review and update your family emergency plan.
- Talk with your community about lessons learned and how to prepare better next time.

IN THE UAE

In the UAE, rely only on official health authority and government channels for updates, and avoid panic buying.

MY NOTES

Sources: Ready.gov (FEMA), Pandemic (<https://www.ready.gov/pandemic>); World Health Organization, Coronavirus disease (COVID-19): How is it transmitted? (<https://www.who.int/news-room/questions-and-answers/item/coronavirus-disease-covid-19-how-is-it-transmitted>); Emirates Health Services (UAE), Pandemic readiness and response (<https://www.ehs.gov.ae/en/100-preview-c-001/pandemic-readiness-and-response>)
General guidance in our own words. Always follow your local authorities.