

Handouts to Download or Request

No Ordinary Flu Comic Book

<http://www.kingcounty.gov/healthservices/health/preparedness/pandemicflu/comicbook.aspx>. This comic book comes as a PDF file if you arrow on down the page since you are not a resident of the State of Washington. Then you can print it out and share it with your kids and grandkids.

REMEMBER – Much of this info came from Totally Ready.com* and was provided by **Carolyn Nicolaysen** on her Blog. On the home page you can order her wonderful booklet **“Pack Your Bags; We’re Staying Home,”** for \$3.95 to download and print along with other booklets.

On the **Totally Ready** home page type any of these topics into the **Search** box.

*Survival in your Pocket - Space blanket

*We’re Having a Heat Wave

*When Power Fails in Winter

*Water Storage – What if the Tap Goes Dry?

The following Handouts you can download from my Web Site www.tipsforfamilyhistory.com. If you have any questions, don’t hesitate to ask me (**Lida Larkin**) at momuv712@gmail.com.

Additional Things to Consider Adding to Your Storage

Flu Recovery Diet: **BRAT** diet & rehydration solution

Pack Your Bags, We’re Staying Home - Handout for activities

Rehydration Solutions

Extra Things that will help you to be prepared

Good Housekeeping 10 Rainy Day Activities

Handy Tips to Know

Ordinary Items for Extraordinary Survival

Solar Cooking Tips & Recipes and Knox Gelatin substitution for an egg

Helpful Things to Have

Lowering Your Food Costs

Additional Things to Consider

Stay at Home Toolkit for Influenza (flu)

Class Notes

The following articles can be found on the web sites listed.

Water Storage/The Idea Door - <http://www.theideadoor.com/FoodStorage.html> - arrow down to Water Storage

Make your own Cleaning Supplies - <http://www.aboutmyplanet.com/daily-green-tips/cleaning-products/>

75 Uses for Baking Soda - <http://lifehackery.com/2008/07/22/home-4/>

131 Uses for Vinegar - <http://www.angelfire.com/cantina/homemaking/vinegar.html>

Seven Secrets of **Dutch oven** Cooking - <http://www.backwoodshome.com/articles/beattie47.html>

Trim the Fat out of your Food Budget – Meredian Magazine – type: Lyle and Tracy Shamo in Search

In the Good Old Summertime” activities – Meredian Magazine – same as above

Square Foot Gardening - <http://www.squarefootgardening.com/>

100+ Free or Almost Free Summer Activities for Kids - <http://girlgetstrong.com/wordpress/2009/06/19/100-free-or-almostsummer-activities-for-the-kids/>

Don’t forget to go to: <http://www.theideadoor.com/FoodStorage.html> to find **“Everything Under the Sun”** by Wendy DeWitt – Solar Cooking – Recipes – Amounts of Storage, etc)

I’ve found **Dian Thomas’** website with lots of fun stuff. On the home page you can scroll down to the bottom right and click on “free articles.” There you’ll find lots of great stuff that she has spent her life collecting since she wrote her first book, **Roughing It Easy**. Just type Dian Thomas (no e on Dian) in Google and you should be able to select her website.

If you **can’t find** these articles on Totally Ready, email me at momuv712@gmail.com for them.

*Caring for your Family in a Pandemic - Part 1

*Caring for your Family in a Pandemic - Part 2

*Thirty Things to Prepare that are Free or Almost Free

*Emergency Preparedness - Surviving the Unthinkable

*Ways to Protect your Family from the Flu