

What to do at home

Keep these items in your home

- Enough food and water per person for a week or more.
- A week's supply of current medications.
- Items to relieve flu symptoms.
- Items for personal comfort.
- Activities for yourself and your children.
- Keep small amounts of cash on hand for needed items.
- Pet supplies.
- Cell phone or regular phone with a cord.
- Large trash bags.

Make household emergency plans

- Agree on a point of contact where all family/household members can check in if you are separated during an emergency.
- Decide who will take care of children if schools are closed.
- Plan to limit the number of trips you take to shop or run errands. Remember public transportation routes and times may be limited.
- Think about how you would care for people in your family who have disabilities if support services are not available.
- Be prepared to get by for at least a week on what you have at home. Stores may not be open or may have limited supplies.

Terms to Know

Pandemic

A disease outbreak that spreads rapidly around the world.

Influenza

An infection of the lungs caused by a virus that can be passed from person to person.

Seasonal Influenza

A common form of influenza that spreads each winter. Flu shots protect many people from becoming infected from seasonal influenza.

Avian Influenza

Also called "bird flu." A type of flu that affects poultry and wild birds. In certain conditions humans may be able get this type of flu through close contact with infected birds.

Brochure originally developed by:
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For More Information

Medina County Health Department
www.medinahhealth.org
1-888-723-9688

Centers for Disease Control and Prevention
www.cdc.gov/flu/pandemic/

Ohio Pandemic Flu
www.ohiopandemicflu.gov

US Dept of Health and Human Services
www.pandemicflu.gov

Preparing for Pandemic Influenza

A personal and family guide



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PANDEMIC INFLUENZA

What It Is

An influenza pandemic is a worldwide outbreak of a new flu virus.

An influenza – or flu – pandemic is an outbreak of a new type of flu virus that spreads quickly from one country to another. A pandemic begins when the new flu virus is easily passed from person to person.



Flu pandemics happen.

Flu viruses are everywhere and they change all the time. At some time in the future, it is very likely that a flu virus will change in a way that causes a pandemic. Currently, health officials are concerned about the avian flu virus in Asia and Europe, because it **could** change and spread easily from person to person. No one knows when the next flu pandemic will happen; large pandemics occurred in 1918, 1957, and 1968.

What To Expect

If an Outbreak Occurs

No one knows how bad the next flu pandemic will be, but everyone should be prepared for the worst.

- Large numbers of sick people may overwhelm hospitals and clinics.
- Supplies and services will be limited. Many people will be unable to work, affecting how long businesses, banks, government offices and other services are open.
- It will take months to develop a vaccine against the new virus, so flu shots will not be immediately available.
- Travel may be difficult. Routes and schedules for buses, trains, or planes may change or be restricted.
- A flu pandemic could last a long time. The 1918 flu pandemic lasted 18 months. In some cases, pandemics weaken for a while and then recur (i.e., “second wave”).
- Health officials will keep you informed. They will work with the media to provide timely information and advice.

In Your Community

- Know your neighbors. Talk with family, friends, and neighbors to make sure everyone is prepared.
- Know school policies about illnesses and being absent.

At Work

- You may not be able to go to work. Staying home from work when you are sick is an important thing you can do to protect others.
- Know policies. Ask your employer or union about sick leave and policies about absences, time off, and telecommuting.
- Encourage planning. Every business, organization, and agency should have a plan for making sure essential work can get done if large numbers of employees are absent.

What To Do

Protect Your Health

The flu virus is spread from person to person when an infected person coughs, sneezes, or touches items that others use. Do these simple things to help protect yourself and others:

- Cover your mouth and nose when you cough or sneeze.
- Wash your hands often.
- Don't touch your eyes, nose, or mouth.
- Stay home when you're sick or have flu symptoms.
- Learn basic care-giving.
- Learn how to recognize and treat dehydration.