



## Pandemic Influenza Preparedness

You can prepare for an influenza pandemic now. You should know both the magnitude of what can happen during a pandemic outbreak and what actions you can take to help lessen the impact of an influenza pandemic on you and your family. This checklist will help you gather the information and resources you may need in case of a flu pandemic.

### ***During a Pandemic***

#### Limit the Spread of Germs and Prevent Infection

- ✓ **Avoid close contact** with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- ✓ If possible, **stay home** from work, school, and errands **when you are sick**. You will help prevent others from catching your illness.
- ✓ **Cover your mouth and nose** with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- ✓ **Washing your hands** often will help protect you from germs.
- ✓ **Avoid touching your eyes, nose or mouth**. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- ✓ **Practice other good health habits**. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. ([ready.gov/pandemic](http://ready.gov/pandemic))

### Additional Resources

**Ready.gov**

<http://www.ready.gov/pandemic>

**CDC**

<http://www.cdc.gov/flu/keyfacts.htm>

**American Public Health Association**

<http://www.getreadyforflu.org/facts/PandemicFluFAQs.pdf>

**American Red Cross**

[http://www.redcross.org/images/MEDIA\\_CustomProductCatalog/m4340142\\_TakingCareFlu.pdf](http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4340142_TakingCareFlu.pdf)

