

WHAT YOU SHOULD KNOW ABOUT PANDEMIC ILLNESS

Pandemic illnesses are caused when a new illness occurs to which humans have little or no immunity or protection.

Pandemic illnesses spread easily from person-to-person and can cause serious sickness and death among those infected.

A variety of pandemic illnesses - influenza, SARS, and plague to name a few - have occurred at intervals throughout history. Another pandemic will occur in the future. Many experts predict that influenza will cause the next pandemic, but regardless of the cause, individual and family preparedness for the next pandemic is crucial.

A long-lasting and widespread outbreak of disease can mean changes in many areas of our lives. Schools may need to close. Public events may be cancelled. Public transportation may be limited and air flights cancelled. If many people are ill, employees may not be able to go to work and businesses and public services may have to close or limit hours.

It is important to plan ahead for the possibility of a pandemic illness. Federal, state and local governments are already taking steps to prepare for, and respond to, a pandemic illness.

Community members also need to take action. This brochure will help you and your family plan and prepare for a pandemic illness. Taking these steps will help your family stay healthy during the cold and flu season.

WHAT YOU CAN DO

GET YOUR SEASONAL FLU SHOT.

Stay healthy by eating a balanced diet, exercising daily, getting enough rest and drinking fluids.

MANY ILLNESSES ARE SPREAD BY:

- Coughing or sneezing
- Unclean hands

TO HELP STOP THE SPREAD OF ILLNESSES:

- Wash hands frequently using soap and water or an alcohol-based hand cleaner.
- Cover coughs and sneezes with a tissue or your upper arm.
- Wash with soap and water or an alcohol-based hand cleaner after coughing or sneezing.
- If you get sick, stay home and away from others as much as possible.
- Keep sick kids home and away from school.
- Avoid close contact with people who are sick.

WASH YOUR HANDS

Keeping your hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands frequently. Make a point to do so when exposed to or caring for others who are ill. Avoid touching your eyes or face until you have washed your hands.



WHEN WASHING HANDS WITH SOAP AND WATER:

- Wet your hands with clean running water and apply soap.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 20 seconds. Need a timer? Imagine singing "Happy Birthday" twice through to a friend.
- Rinse hands well under running water.
- Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet.

IF SOAP AND WATER ARE NOT AVAILABLE, USE ALCOHOL-BASED GEL TO CLEAN HANDS.

COVER YOUR COUGH

COVERING YOUR COUGH HELPS STOP THE SPREAD OF GERMS:

- Cover your mouth and nose with a tissue when you cough or sneeze.
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Put your used tissue in the waste basket.

YOUR PANDEMIC ILLNESS EMERGENCY KIT

Everyday life may be different during a pandemic. Services and supplies may be limited.

MAKE SURE YOU HAVE THESE ITEMS IN YOUR EMERGENCY PREPAREDNESS KIT:

- Five days of food for you and your family. This should be food that does not need refrigeration. Good choices include foods like canned meats and fish, beans, soups, fruits; and dry goods like flour, salt, and sugar.
- Water stored in sealed, unbreakable containers. Plan on one gallon per person for each day, for up to 5 days.
- Two weeks worth of prescription medicines.
- Two weeks worth of pain medications like aspirin, ibuprofen or acetaminophen and cough medicine for each person in the house.
- Rehydration solution, for example Pedialyte for kids, Gatorade for adults and teens. These items are commonly available at drugstores and pharmacies.
- Cell phone and charger.
- Supply of face masks and plastic gloves.
- Disinfectants and chlorine bleach.

To learn more, visit www.preparelane.org or call Lane County Public Health at (541) 682-4041

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FOR MORE INFORMATION

Go to www.preparelane.org for general information about pandemic illness, including local resources.

Go to www.cdc.gov for general information about pandemic illness and other health related information.

Go to www.redcross.org for all the information you will need to make your own emergency plan.

Go to www.pandemicflu.gov for updates on national and international pandemic illness.

LANE PREPAREDNESS COALITION



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