

## Learn More,

Information about pandemic flu is available at:

- [www.pandemicflu.gov](http://www.pandemicflu.gov)
- [www.who.int](http://www.who.int)
- 1-800-CDC-INFO  
(1-800-232-4636)  
1-888-232-6348 (TTY)

# Your Guide to Preparing for Pandemic Flu



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Because of the potential for a pandemic flu, the Trauma Service Area-L Hospitals want you to know more information about this possible threat. This brochure includes basic information about pandemic flu, individual and family preparedness, as well as where you can get more information.

## What You Should Know

**P**andemic influenza (flu) is a world-wide outbreak of a new flu virus for which there is little to no immunity (protection) in the human population. Scientists and health professionals are concerned that the current virus in birds (avian flu) may develop into the next human pandemic. Pandemic flu can spread easily from person-to-person, cause serious illness and death. When a new pandemic flu spreads it creates public health emergency. This emergency will not be like anything we've faced before. A pandemic will last longer, make more people seriously ill and may cause more deaths than any other health crisis in our time.

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

It is very important to plan ahead. Federal, state, and local governments are taking steps to better prepare for and respond to a pandemic. Individuals also need to take action to be better prepared.

## What You Can Do

**Y**ou 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 flu pandemic.

- Store a two week supply of water and food. During a pandemic, if you cannot get to a store, or stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies, such as power outages and disasters.
- Periodically check your regular prescription drugs to ensure a continuous supply in your home.
- Have nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.
- Volunteer with local groups to prepare and assist with emergency response.
- Get involved in your community as it works to prepare for an influenza pandemic.

During a pandemic, you may be asked to shelter-at-home for up to 10-days. You will need to be prepared to care for ill family members. Public gatherings, such as churches, movies, sporting events, would be cancelled. Most businesses would be asked to either close or implement social distancing practices. You would be asked to limit all close personal contact when in public, to wash your hands frequently, and to wear masks under certain circumstances. There will be shortages of essential supplies and services.

## Your Pandemic Flu Emergency Kit

### Items to have on hand for an extended stay at home

#### Examples of food and non-perishables

- Ready-to-eat canned meats, fish, fruits, vegetables, beans and soups
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter or nuts
- Dried fruit
- Crackers
- Canned juices
- Bottled water
- Canned or jarred baby food and formula
- Pet food
- Other nonperishable foods



#### Examples of medical, health and emergency supplies


- Prescribed medical supplies such as glucose and blood-pressure monitoring equipment
- Soap and water, or alcohol-based hand wash (60-95%)
- Medicines for fever, such as acetaminophen or ibuprofen
- Thermometer
- Anti-diarrheal medication
- Vitamins
- Fluids with electrolytes
- Cleansing agent/soap
- Flashlight
- Batteries
- Portable radio
- Manual can opener
- Garbage bags
- Tissues, toilet paper, disposable diapers

## Limit the Spread of Germs and Prevent Infection

### Always wash hands with soap and water:

- after coughing, sneezing or blowing your nose
- After using the bathroom
- before and after preparing or eating food
- after contact with raw meat or eggs
- before and after changing a diaper
- before and after any contact with someone who is sick or injured
- after touching an animal or animal waste
- after household chores or yardwork
- any time hands are visibly dirty

## Five Steps to Washing Hands

- 1  Wet hands with warm water.
- 2  Lather both hands with soap. In general, any type of soap can help prevent the spread of germs.
- 3  Scrub hands for at least 15-20 seconds. Wash wrists, palms, backs of hands, fingers and under fingernails.
- 4  Rinse hands thoroughly. Turn off the faucet with a towel.
- 5  Dry hands on a clean towel. Or, let hands air dry if no clean towel is available. (If you use a disposable towel, throw it away afterward.)
- 6  Cover coughs and sneezes and be sure to model that behavior for your children. Use a tissue. (if you don't have one, use your upper sleeve—not your hands.) Put the used tissue in a wastebasket. Then wash your hands! Stay at least 3 feet away from others if you are coughing and sneezing—or if they are.