

THREE AREAS OF IMPORTANCE IF A PANDEMIC OCCURS

PREVENTION

Flu germs are spread from person to person just like common colds. Respiratory droplets from coughs and sneezes travel through the air and land on the mouth or nose of people nearby or on objects like a desk. If the next person who touches the desk wipes his or her eyes, mouth, or nose before washing hands, the virus gets into their body. This is called droplet spread or transmission of viruses from one to another.

How can we prevent this from happening?

1. Everyone needs to learn to cough or sneeze into the upper sleeve of his/her own clothing.
2. If you use a tissue to cover your mouth or nose when coughing or sneezing, you should put the tissues into a wastebasket and then clean your hands.
3. Keep your hands away from your eyes, nose, and mouth.
4. **MOST IMPORTANT OF ALL WASH YOUR HANDS**
often with soap and water or clean them with a hand sanitizer.
You should wash your hands for 20 seconds...about the time it takes to sing the “Happy Birthday” song twice!

According to the CDC, “the single most important thing we can do to keep from getting sick and spreading illness to others is to clean our hands.”

CLEAN YOUR HANDS...

- After you use the bathroom
- Before you eat
- Before, during, and after you prepare food
- When your hands are dirty
- After handling animals or animal waste
- More frequently when you, or someone with whom you come in contact, is sick.

GETTING PREPARED AT HOME

The Center for Disease Control advises all households to be prepared to stay at home and isolated from the rest of the population for extended periods of time. This may be from two weeks to one month and may occur more than once, since pandemic flu strikes in waves. This takes some thought and planning on everyone's part.

The CDC and the American Red Cross have both prepared checklists to help you determine what needs to be done to get ready. *Please see attached checklists.*

Because we are all different with different needs at home, you really need to plan ahead. Ask yourself some questions:

1. Do I need some cash on hand?
2. Do I have a list of Emergency numbers?
3. Do I have a First Aid Kit?
4. Do I have pets that will need to have supplies on hand?
5. Do I have a plan for care of my children if school closes?
6. Do I have plenty of water and food stocked for the whole family?
7. Do I have an elderly relative who might need some help with plans?
8. Do I have a neighbor who might need assistance with plans?
9. Am I prepared to home school my children? (school will help)

There are things you can do to stay as healthy as possible.

1. Eat healthy foods
2. Get adequate rest (children and teenagers need 8 to 10 hours)
3. Exercise regularly
4. Do something daily to reduce stress (listen to music, find a hobby, laugh, play)
5. Practice good personal hygiene (clean mouth, clean clothes, clean skin).
6. WASH HANDS OFTEN AND WELL

WHEN PANDEMIC FLU HITS HOME

Anyone with the signs of flu should stay home from work, school, and errands and avoid contact with others.

Care of the Home:

1. Keep everyone's personal items separate. Avoid sharing computers, pens, papers, clothes, towels, sheets, blankets, food, or eating utensils.
2. Disinfect doorknobs, switches, handles, toys, and other surfaces that are commonly touched around the home.

DISINFECTANT

- 1 gallon water
 - ¼ cup bleach
 - Mix up fresh every
 - time you use it
3. Clothing and dishes may be washed together. Use hot water. Wash hands after handling dirty laundry.
 4. Wear disposable gloves when in contact with or cleaning up body fluids.
 5. The caregiver may want to wear a mask when giving care.

Care for a Loved One:

1. Encourage plenty of fluids to drink at the first sign of flu. Prevent dehydration. You can give ice chips, soups or broth as well as other liquids. Give small sips very frequently if drinking larger amounts of liquids causes nausea.
2. Keep the ill person as comfortable as possible. Rest is important
3. Give fever-reducing medication such as acetaminophen (Tylenol), ibuprofen (Motrin, Advil) or aspirin. Follow directions on the container label for dosage and frequency. **DO NOT GIVE ASPIRIN TO ANYONE UNDER AGE 20.** This can cause Reye's syndrome.

4. Sponging the body with tepid (wrist-temperature) water lowers fever, but only during the period of sponging. **DO NOT SPONGE THE BODY WITH ALCOHOL.**
5. Keep a record of temperature readings and when medication has been given.
6. Keep tissues and a trash bag for their disposal within reach of the patient.
7. If your loved one has diarrhea or vomiting, give fluids that contain electrolytes like Pedialyte. You can make your own electrolyte drink for use **with anyone over age 12.**

Electrolyte Drink

1 quart water

$\frac{3}{4}$ teaspoon salt

1 teaspoon baking soda

4 tablespoons sugar

1 cup orange or lemon juice

Mix thoroughly

8. All members of the household should wash their hands frequently.
9. Keep other family members and visitors away from the person who is ill.
10. Contact your healthcare provider for further advice. If the ill person is having difficulty breathing or is getting worse, contact the healthcare provider right away.