

What You Should Know About Pandemic Influenza (Flu)

Public health experts are concerned that a flu pandemic may occur at some point in the future. Although such an event would pose serious health problems and affect many people around the world, including here in the U.S., the good news is ...

You can prepare your family!

1. To plan for a pandemic:

- ✓ Store a two week supply of water and food.
- ✓ Have any nonprescription drugs and other health supplies on hand.
- ✓ 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.

2. To limit the spread of germs and prevent infection:

- ✓ Teach your children to wash hands frequently with soap and water.
- ✓ Teach your children to cover coughs and sneezes with tissues.
- ✓ Teach your children to stay away from others as much as possible if they are sick.
- ✓ Stay home from work and school if sick.

3. Items to have on hand for an extended stay at home:

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| - Canned meats, fruits, vegetables, & 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 & formula | - Pet food |
| - Other non-perishable items | - Prescribed medicines & medical supplies |
| - Soap and water, or alcohol-based hand wash | - Acetaminophen or ibuprofen |
| - Thermometer, vitamins | - Anti-diarrheal medication |
| - Fluids with electrolytes | - Flashlight, batteries, portable radio |
| - Manual can opener, garbage bags | - Tissues, toilet paper, disposable diapers |

LOCAL HEALTH DEPARTMENTS:

Cuyahoga County Board of Health
(216) 201-2000

Cleveland Department. of Public Health
(216) 664-2324

Lakewood Health Department
(216) 529-7690

Shaker Heights Health Department
(216) 491-1480

Resources: www.pandemicflu.gov
www.ohiopandemicflu.gov
www.cdc.gov/travel

www.ccbh.net
www.who.int/csr/disease/avian_influenza/en
www.citizencorps.gov/cert