

## Is Your Family Ready for a Flu Pandemic?

With the topic of a pandemic of H1N1 (Swine) Flu prominent in the news, it is important that every family be prepared 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.

### To plan for a flu pandemic:

- Store a supply of water and non-perishable food in your home, enough to last for 30 days. During a pandemic, if you cannot get to a store, or if 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, floods, storms, or other disasters.
- Have a supply of non-prescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes and vitamins. Family members taking prescription medications should have enough on hand to last 30 days.
- 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.

### To limit the spread of germs and prevent infection:

- Teach your children to wash hands frequently with soap and water, and model correct behavior.
- Teach your children to cover coughs and sneezes with tissues and model correct behavior. If tissues are not available, sneeze into your sleeve or elbow, not into your hands.
- Use alcohol-based hand sanitizers.
- Avoid touching your eyes, nose and mouth. Germs are often spread hand-to-face.
- Stay home from work if you are sick, and keep your children home from school if they are sick. You should not return to work or school until at least 24 hours after you no longer have a fever, without the use of fever-reducing medications.
- Keep your immune system strong with adequate rest, regular exercise and a healthy diet.

### Signs and symptoms of flu:

- Fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, vomiting, diarrhea.

Seek medical attention immediately for:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough
- Bluish or gray skin color
- Children not drinking enough fluids
- Children not waking up or not interacting
- Children who are irritable, or who do not want to be held

For further information, visit [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu) or call 1-800-CDC-INFO (1-800-232-4636).