

Sandusky County Health Department

Pandemic Influenza Preparation . . . Not Panic

Getting Ready for a flu pandemic . . .

- ***Wash Up . . .***
- ***Stock Up . . .***
- ***Listen Up . . .***
- ***Have a Plan . . .***

**Sandusky County Health
Department**

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A pandemic is a global disease outbreak. A flu pandemic occurs when a new influenza virus emerges for which there is little or no immunity in the human population and begins to cause serious illness that spreads easily from person-to-person worldwide.

If this new virus enters Sandusky County many people could become very sick. We cannot predict how severe the next pandemic will be, but it is certain our every day lives will drastically change during a pandemic. These changes may include temporary closing of schools or cancellation of events, disruption of normal services such as utilities and some supply shortages. There are things you can do now to prepare. Take time to understand the needs of your household and take action to help lessen the impact of an influenza pandemic on you and your family.

The Sandusky County Health Department has been working closely with community leaders to discuss preparations in the event a pandemic flu outbreak occurs in Sandusky County. This flyer is intended to provide individuals with reliable information regarding what to do to protect yourself if such an event does occur as well as provide additional resources where the public may obtain reliable information. The effects of a pandemic can be lessened if you prepare ahead of time.

Preparing for a disaster will help bring peace of mind and the confidence to deal with a pandemic. We encourage you to take an "All Hazards" approach to disaster planning, with preparing for a pandemic a part of overall preparedness. Be prepared now so that your family is ready if a disaster of any kind occurs.





Have A Plan

During a pandemic, going to work may be difficult. School, work and other activities may be canceled. You or your family may be sick and need to stay home for several days or weeks. Make a plan to include:

- Who could help with food and supplies if you and your household are ill.
- An emergency phone contact list that is easy to get to and includes family contacts, hospital, doctor, pharmacy, school, work and church information.
- A list of family health information such as name, blood type, allergies, medications and medical conditions.
- An emergency supply kit.
- Talk with family members and loved ones about how they would be cared for if they became ill.
- Include a plan to check on elderly or handicapped neighbors and friends in case of an emergency.
- Follow your local newspaper and radio station for up to date tips if an outbreak is occurring.



Hygiene

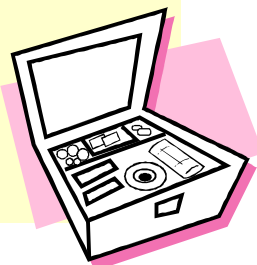
Take a common sense approach to limit the spread of germs. Make good hygiene a habit and teach these habits to your children.

- Washing and drying your hands properly is one of the best ways of protecting yourself against the spread of germs. Wash hands for at least 20 seconds with soap and water. You can use an alcohol based rub if soap and water is unavailable.
- Wash and dry hands frequently but especially before preparing and eating food, after coughing or sneezing, blowing noses, wiping children's noses, using the bathroom or caring for a sick person.
- Stay home if you are sick. During an outbreak of disease your local health department may recommend specific measures to limit your contact with others in an attempt to decrease the spread of the virus.
- Cover your cough and nose with a tissue when you cough or sneeze and dispose of used tissue in a covered, lined wastebasket right away. Cough or sneeze into your upper arm if you do not have a tissue available.
- Try to stay several feet away from sick people to avoid the spread of germs.
- Stay healthy by eating a balanced diet, exercising regularly and getting plenty of rest.

Build an Emergency Supply Kit

If you cannot go to a store, or if stores are out of supplies it will be important to have extra supplies on hand. Be sure to include enough to last one week:

- At least 1 gallon of bottled and/or filtered water per person per day for drinking and sanitation.
- Ready-to-eat canned meats, fruits, vegetables and soups.
- Manual can opener.
- Canned juices, baby food and fluid with electrolytes such as sports drinks.
- Crackers, peanut butter, nuts, dry cereal, protein bars and dried food.
- Prescription medications and medical supplies. Over the counter medications.
- First aid kit with thermometer and medicines for fever.
- Soap, alcohol based hand sanitizer, tissues, toilet paper, disposable diapers.
- Flashlight and radio with extra batteries.



Get Informed. . .Listen Up!

Knowing the facts is the best preparation. If a pandemic occurs, having accurate and reliable information will be critical.

Reliable, accurate and timely information is available at www.cdc.gov and www.odh.ohio.gov. These websites have up to date information on pandemic flu and how to better prepare yourself and your family.

For more information during an actual pandemic or other public health emergency, it is important to listen to local radio or cable stations and check the health department's website at www.sanduskycohd.org.