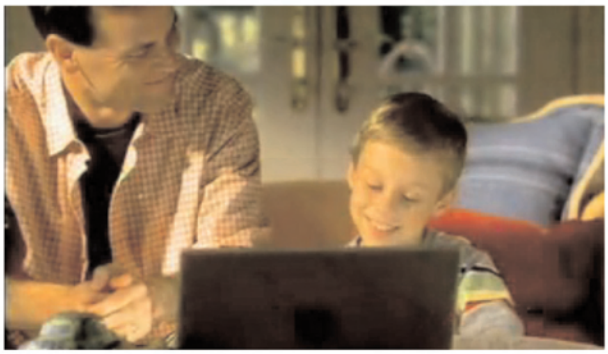
PANDEMIC INFLUENZA AND YOU

An influenza pandemic occurs when a new flu virus emerges among humans and spreads easily from person to person. Because the virus is new to humans, people have little or no immunity to it and the virus spreads worldwide. It is not possible to predict with certainty when the next flu pandemic will occur or how severe it will be, but the time to plan is now.



In a severe influenza pandemic

- Many people would become sick and would be unable to go to work or to public gatherings;
- Many others would have to stay at home to care for sick family members; and
- Many people would die.

As a result, businesses and schools might close, and basic services, including transportation and food delivery, may be disrupted.

It is important that families and communities be prepared for an influenza pandemic.

You can take some simple steps NOW to prepare

You can:

1. PRACTICE GOOD HYGIENE.

Wash your hands frequently with soap and water. Use a tissue when you cough or sneeze. Stay away from others when you are sick. Developing good hygiene habits now could help in the event of an influenza pandemic.

2. BE READY FOR AN EMERGENCY.

Store a two-week supply of water and food. Have prescription and nonprescription drugs and other health supplies on hand, including pain relievers and cold medicines.

3. KNOW YOUR COMMUNITY AND WORKPLACE PLANS.

Find out what your elected officials, workplace, school, congregation and other community groups are doing to prepare for an influenza pandemic.

By taking these steps, you will be better prepared for a pandemic and other emergencies.

It's important for everyone to know what to do about pandemic flu. For more information on how to protect yourself and your family, visit PandemicFlu.gov or call 1-800-CDC-INFO.

PandemicFlu.gov
1-800-CDC-INFO

PANDEMIC FLU
TAKE THE LEAD
WORKING TOGETHER TO PREPARE NOW
Burlington, Vermont