

FLU PANDEMIC GET THE FACTS

What is the seasonal flu?

Common strains of a virus that occur mostly in the Fall and Winter every year. Anyone with a chronic illness, elders and children are most susceptible. Getting a flu vaccine in the Fall will greatly reduce your risk of getting the flu in the winter.

What is a Flu Pandemic?

A new strain of the flu virus starts to spread quickly around the world. This may result in many people getting ill at the same time, which may lead to severe illness and death, and businesses everywhere being compromised if there are not enough workers available. Likewise, health care providers will be in high demand.

What is the Bird (avian) Flu?

The Bird Flu refers to a specific virus that infects mostly poultry and some wild birds. If this virus were to spread fast from people to people, a flu pandemic could begin. The most watched strain is called H5N1 and it has infected some people in other countries. However, it has **NOT** been found to spread quickly and easily between people.

How can I prevent getting sick?

There is no single guarantee to prevent any illness, but we do know some things that are significant in helping to prevent illness.

- **VACCINATE** yourself against the flu each fall.
- **WASH** your hands often and well. Vigorously scrub hands, fingers and wrists for 20 seconds before meals, and before and after caring for someone who is ill.
- **COVER** your mouth and nose when you sneeze or cough. Use a tissue or turn your face into your elbow when you sneeze.
- **AVOID** breathing, coughing and even talking right in someone's face. Keep 3-5 feet away.
- **CONSIDER** wearing a face/surgical mask if people in your home are ill.
- **THOROUGHLY COOK** meat, poultry and eggs.

What might happen if there is a pandemic?

Some communities are developing plans to help stop the spread of illness and help those who become ill. Support efforts in your community.

- Travel within the town may be limited and public buses may not be running.
- Schools may be closed and children may be at home and need extra support.
- Movie theaters, sporting events may be cancelled.
- Hospitals and healthcare providers will be working overtime and near capacity.

Where can I get more information?

- www.pandemicflu.gov