

WHEN THE PANDEMIC HAPPENS

Travel:

Should you go to work or go outside your home?

People may be asked to stay at home whether or not they are sick



Stay home if you possibly can:

- It may be safest to stay at home
- Stay away from other sick people to prevent disease spread
- Care at home (from the people who love you) may be the best thing



When & where to seek medical care:

- Stomach flu is not influenza flu. Influenza flu is in people's lungs (instead of their stomachs) which usually causes fever, muscle aches and pains along with respiratory symptoms such as a cough
- Regular seasonal flu happens each winter and clinic care is very important
- Pandemic flu - go to the emergency room or hospital only if you are very ill

Symptoms of the Flu:

- Very tired
- Sore throat
- Runny or stuffy nose
- Diarrhea
- Body aches
- Dry Cough
- Fever
- Headaches

Care of people with Flu symptoms:

- Acetaminophen (Tylenol) and Ibuprofen (Advil) are often used for flu symptoms (this is a good topic to talk to your doctor about)
- Aspirin should not be used for flu
- Checking a sick person's temperature is important
- Keep well people away from sick people
- Provide good air circulation
- Make sure sick people drink lots of fluids

Stop Dehydration:

- Increase fluids at the first sign of illness
- Easy to eat foods are important



The following drink will help prevent dehydration in adults:

ELECTROLYTE DRINK

- 1 quart water
- ½ teaspoon baking soda
- ½ teaspoon table salt
- 3 to 4 tablespoons sugar
- ¼ teaspoon salt substitute
- Mix well and flavor with lemon juice or sugar-free Kool-Aid



Animals:

- Stay away from sick animals
- Stay away from animals when you are sick
- Listen on your radio for instructions
- Do not cook or eat sick animals



Preventing Spread:

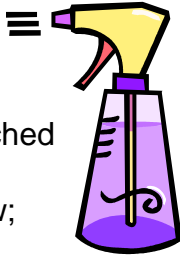
A vaccine can take more than 9 months to make so we want to prevent illness spread during this time:

- Wash bedding, towels, and clothing of sick people in HOT water.
- Waste disposal; tie up trash, burn or place in a closed container
- Do not share eating dishes and personal items with other people; specially sick people
- COVER YOUR COUGH
- If you become sick, minimize your contact with other people
- WASH YOUR HANDS OFTEN



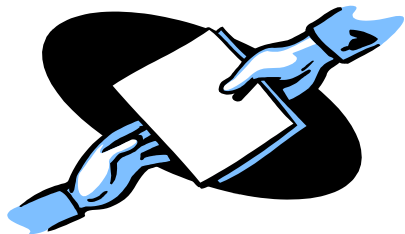
To Reduce Risk of Spread:

- Disinfectant
 - 10 cups of water
 - 1 cup bleach
- Mix up new bleach and water every time you use it
- Clean commonly touched areas
- Use a fan in a window; face the fan out to circulate air



Pre-planning with Your Job:

- Ask your supervisor if business will continue during a pandemic
- Can you work from home?



PRE-PLANNING

Food:

- Store two extra weeks of food
- Select foods that do not need to be refrigerated, cooked, or need extra water
- Store special items such as baby formula



Water:

- Store 2 weeks of water – 1 gallon of water per person per day in clean plastic containers (2 quarts for drinking, 2 quarts for food preparation & cleaning)

Medicines: assure prescription medications are available

Family Plan:

- Consider your cash and financial needs
- Consider how you will care for ill family members
- Consider if you are prepared for the schools, childcare, or your work site to close

Communications:

- Assure you have an emergency contact plan and are able to contact all family members
- Have a portable radio and extra batteries

Pandemic Influenza (Flu) Care at Home

WHAT IS PANDEMIC INFLUENZA (FLU)?

A pandemic of flu occurs when a new flu virus that people are not immune to spreads rapidly throughout the world. Experts do not know when the next flu pandemic will occur or how severe it will be.



New Mexico Department of Health
Region 2- Emergency Preparedness

For more information:
Log onto www.pandemicflu.gov
Or call San Juan County Public Health
Office 505-327-4461