

# PANDEMIC INFLUENZA



## UTAH PREPARES INDIVIDUALS AND FAMILIES

### BE INFORMED:

- Listen for pandemic influenza updates on TV or radio.
- Pandemic influenza may be very different than regular influenza.
  - More people may get sick.
  - People may have very severe illness.
  - Currently, there is no vaccine for pandemic influenza.
- A pandemic may change the way we live our lives.
  - People who are sick may be required to stay home.
  - Schools and daycares may be closed to prevent the spread of disease.
  - Social gatherings (such as church or other events) may be cancelled.

### TALK TO YOUR PEOPLE:

- Tell your family about pandemic influenza and discuss your plans.
- Talk to your family about practicing “respiratory etiquette,” how pandemic influenza is spread and what they can do to protect themselves and family members.

### HAVE A PLAN:

- Make sure your family has a disaster kit. A disaster kit should contain items such as a first aid kit, ready to eat foods, sanitation supplies (toilet paper, soap) and tools and emergency supplies such as a flashlight.
- Stock up on disposable tissues and alcohol-based hand sanitizer.
- Make a list of:
  - Current medical problems
  - Drugs that you take (including how often and how much)
  - Your allergies, especially to drugs*\* Do this for every member of your family.*

### FOR MORE INFORMATION

CALL: \_\_\_\_\_

