



What you need to know this

FLU SEASON

A CHECKLIST & GUIDE

SEASONAL FLU... follows predictable patterns and occurs annually, usually in winter. Some immunity is built up from previous exposures. A vaccine developed based on known strains is usually available. Outbreaks are generally manageable.

PANDEMIC FLU... is a global outbreak of the disease. It occurs when a new influenza virus emerges that people have little or no immunity to and for which there may be no vaccine. The disease spreads quickly from person-to-person and may cause serious illness.

1. *Limit the spread of germs and prevent infection*

- Wash your hands frequently with soap and water, or use an alcohol hand rub.
- Get a flu shot each year.
- Cough and sneeze into your sleeve or cover coughs and sneezes with tissues. Always dispose of used tissues in a waste basket and wash your hands afterwards.
- Teach your children these habits and serve as a good role model.
- Stay away from others as much as possible if you are sick. Keep your children home from school and stay home from work if sick. Think about alternative day care. If you are ill, don't visit friends and relations in the hospital.
- Ask your healthcare provider about pneumonia vaccine and make sure all of your shots are current.

2. *Action to take should you get seasonal flu* *(part of a predictable winter outbreak)*

- If you come down with flu-like symptoms—fever, cough, runny nose, and muscle pain—drink plenty of water to stay hydrated, get bed rest, and call your healthcare provider as needed for further medical advice.

3. *Preparation for a pandemic flu* *(a worldwide epidemic affecting many that could cause major impacts in the area)*

- Store a two-week supply of water and food. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. (This can be useful in all hazards planning, such as power outages and disasters.)
- Ask your healthcare provider and insurance company if you can get an extra supply of your regular prescription drugs.
- Have nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cold and cough medicines, fluids with electrolytes, and vitamins.

- Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home. This is especially important for elderly family members who live alone or outside the local community. Talk to your healthcare provider who may be able to arrange home care, if needed.
- Have a means of staying informed during a pandemic, such as a battery-powered radio.
- Get involved with your community as it plans for an influenza pandemic. Many communities have local groups that meet on a regular basis.

4. Create a home emergency kit

- Be prepared for an extended stay at home (a minimum of two weeks) by collecting the following items and storing them in well-sealed plastic containers. This is a central part of every home emergency preparedness plans.

<i>Examples of food and nonperishable items</i>	<i>Examples of medical, health, & emergency supplies</i>
<ul style="list-style-type: none"> <input type="checkbox"/> Ready-to-eat canned meats, fish, fruits, vegetables, beans, and soups <input type="checkbox"/> Protein or fruit bars <input type="checkbox"/> Dry cereal or granola <input type="checkbox"/> Peanut butter or nuts <input type="checkbox"/> Dried fruits <input type="checkbox"/> Crackers <input type="checkbox"/> Canned juices <input type="checkbox"/> Bottled water <input type="checkbox"/> Canned or jarred baby food and formula, if needed <input type="checkbox"/> Pet food, if needed <input type="checkbox"/> Other nonperishable foods 	<ul style="list-style-type: none"> <input type="checkbox"/> Prescribed medical supplies such as glucose and blood-pressure monitoring equipment <input type="checkbox"/> Soap and water, or alcohol hand rub <input type="checkbox"/> Medicines for fever, such as acetaminophen (<i>Tylenol</i>) or ibuprofen (<i>Motrin</i>) <input type="checkbox"/> Digital thermometer <input type="checkbox"/> Antidiarrheal medication <input type="checkbox"/> Vitamins <input type="checkbox"/> Fluid with electrolytes <input type="checkbox"/> Cleaning agents <input type="checkbox"/> Flashlight <input type="checkbox"/> Portable radio <input type="checkbox"/> Batteries <input type="checkbox"/> Manual can opener <input type="checkbox"/> Tissues, toilet paper, and disposable diapers, if needed <input type="checkbox"/> Extra cash on hand

For more information, visit www.maine flu.gov/dhhs/boh/swine-flu-2009.shtml



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