

PREPARE IN ADVANCE

- ◆ Organize supplies in special BOX or BAG. Date supplies that could spoil & rotate every 6-9 months.
- ◆ Plan for daily & special needs.
- ◆ Organize important legal papers.
- ◆ Find out employer's plans regarding work schedules & possible loss of hours/income.
- ◆ Anticipate supervision of children – possibly for extended time. Plan for learning and recreational activities.
- ◆ Keep car gas tank full & phones charged.
- ◆ Keep a list of key phone & email contacts for family, friends, doctors, pharmacies.
- ◆ Keep several days (2 weeks if possible) supply of medications.
- ◆ Have cash, checks and change & IDs.

Special Needs: If you or a family member has special needs, alert 911. Information on how to register may be obtained from AT&T or the Emergency Preparedness page on the Health District's website at www.ccthd.org.

EMERGENCY SUPPLIES

FLUIDS: Juices, tea, fluids containing electrolytes such as sports drinks.

SOAP: Soap and/or alcohol-based cleanser.

FOOD: Stock easy to digest foods such as broth, jello, and ginger ale. Include non-perishable items (do not require refrigeration or cooking) like soup, crackers, peanut butter, dried, canned, or jarred fruits & vegetables, or boxed/package foods. Plan on a 14 day supply for each person or pet.

FIRST AID: Bandages, ointments, thermometers, gloves, waterless/alcohol based soap, bandages, tape, tweezers, and various over-the-counter medications for fever, diarrhea, cough, allergies, etc.

HOUSEHOLD: Extra supplies such as toilet paper, tissues, blankets, garbage bags, batteries (all kinds) to avoid having to go to the store frequently.

LEGAL & PERSONAL PAPERS: Have items like wills, advanced directives, insurance policies, home ownership, immunization, credit cards, social security, health information, insurance cards ready and organized.

SPECIAL NEEDS: Battery chargers/extra batteries for electric wheelchairs, hearing aids, & suction machines, foods/formulas, glasses, communication devices, medical supplies, etc.

PRESCRIPTION DRUGS: Have a list and supply of prescription drugs.

Seasonal Flu and H1N1 Flu



*Local Public Health Department serving
Berlin, Newington, Rocky Hill & Wethersfield*

www.cdc.gov

www.ct.gov/ctfluwatch

www.ready.gov

www.ccthd.org

Call 211 (InfoLine) for information

For copies of this brochure contact:

Central CT Health District

505 Silas Deane Highway, Wethersfield, CT 06109

(860) 721-2822, Available @ www.ccthd.org

A MESSAGE FROM THE DIRECTOR:

Our communities need to prepare for any rapidly spreading disease including H1N1 and other types of flu. On-going emergency preparedness occurs daily with local governments and the Health District. However, each individual and family should learn what to expect and how to prevent the spread of H1N1 flu and any other infectious disease. This guide highlights the main actions you can take to prepare. Please save this brochure in a secure but easy to reach place in your home.

Paul Hutcheon, Director of Health

Seasonal Flu is a contagious respiratory illness caused by viruses. Illness can be mild to severe and can cause death. It is spread through coughing or sneezing. Symptoms include: fever, headache, muscle aches, dry cough, sore throat, runny nose and/or extreme fatigue. Occasionally, nausea, vomiting and diarrhea may occur, mostly in children. Flu is contagious for 1 day before and up to 5 days after symptoms appear.

Older people, young children and people with certain medical conditions are at higher risk for complications. Outbreaks can occur every year and are caused by small changes in common flu viruses. Seasonal flu typically affects up to about 10% of the population. It can be life-threatening among the very young and old and those with certain chronic illnesses.

ANNUAL VACCINATION FOR SEASONAL FLU IS HIGHLY RECOMMENDED

Pandemic Flu (H1N1) is a global outbreak that occurs when a new flu virus emerges for which people have little immunity and there is no vaccine developed yet. Symptoms are similar to seasonal flu. There may be serious complications. Antiviral medications will be in short supply and prioritization will be a must. There have been three flu pandemics this century: 1918, 1957 and 1968.

Pan Flu is not the same as Seasonal Flu. No one can predict when pandemics will occur. They are a concern because they can spread so rapidly, cause illness in as much as 25% of the population, affect all ages, overload health care systems, tax medical supplies and disrupt social and economic systems.

AVOID THE FLU: KNOW THE FACTS

KEEP YOUR DISTANCE: Keep away from people who are ill. Avoid unnecessary travel. Try to stay at least 6 feet away from others. Use larger meeting rooms, place desks strategically and stagger work times. Use email, teleconferences, and the internet. Disinfect shared areas often.

COVER YOUR COUGH: Sneeze or cough into your upper sleeve or a tissue. Throw tissues into the trash-DO NOT re-use. Teach children about good hygiene.

WASH YOUR HANDS OFTEN: Use soap and water and rub hands together for at least 20 seconds or use alcohol-based cleanser for 30 seconds. Use paper towel to close faucets. Post reminders in bathrooms, break & eating areas. Use your own phone & keyboard.



GET A FLU SHOT EVERY YEAR! Seasonal flu viruses change every year.

STAY HOME IF YOU FEEL ILL: Don't expose others. Do not share glasses, utensils, towels or other personal items. Stay home for at least 24 hours after fever is gone without the use of fever reducing medicine.



CONSULT YOUR MEDICAL ADVISOR: Ask for more information on how to manage symptoms. Take medicine as directed.

STAY STRONG TO FIGHT OFF GERMS: Get plenty of sleep, fluids, exercise and eat a well-balanced diet.

DISINFECT COMMONLY USED SURFACES, such as door handles, sink faucets, counters, keyboards, phones, etc. (Influenza viruses can survive 2 to 8 hours on hard surfaces.)

PANDEMIC FLU'S POTENTIAL IMPACT ON HOME & COMMUNITY

- Businesses, schools and childcare centers may close or reduce hours
- Interruptions in public transportation, banks, town offices, mail
- Cancellations of large events & meetings
- Area hospitals and emergency rooms may be overwhelmed
- Limited services to special needs populations