

MAKE A READY KIT

Get your complete *READY*Colorado Pack A Kit list at www.readycolorado.com.

- **Medications and equipment.** Acetaminophen, such as Tylenol®, and ibuprofen, such as Advil® or Motrin®, are useful for bringing down a fever and reducing aches and pains.
- **Tissues and trash bags.** Have plenty of tissues on hand for sneezing and blowing your nose. Garbage service could be disrupted or postponed. Keep garbage bags on hand to store used tissues safely.
- **Masks.** The use of surgical masks by sick or coughing people in your household may help reduce, but not eliminate, the spread of flu germs. Masks do not replace hand washing and should never be reused or shared. You can buy masks at your local pharmacy or hardware store. Masks should be changed every 4-to-6 hours, or earlier if the mask becomes wet from sneezing and coughing. Throw used masks in a garbage bag.

MAKE A PLAN

During a pandemic, you and your family may need to stay at home for several days or weeks. Make a plan for how you can communicate with family and friends outside of your home and get assistance should you need additional supplies or resources.

For complete planning information, visit www.readycolorado.com.

STAY HEALTHY

The flu spreads from person-to-person directly through coughing and sneezing, and indirectly from touching the germs from the mouth or nose of an infected person. You can help stop the spread of germs by following this list:

- **Wash your hands.** Wash your hands frequently with soap and water for at least 20 seconds. Use an alcohol-based hand rub if you cannot wash your hands. Avoid touching your mouth, nose and eyes.
- **Cover your cough.** Always use a tissue to cover your mouth when you cough or sneeze—do not use your hands. Throw used tissues in the trash. Cough or sneeze into your sleeve if you do not have a tissue.
- **Stay home when you are sick.**
- **Get a flu shot.** The best way to prevent “seasonal” or regular flu is to get an annual flu shot. The virus changes over time, so you need to get a flu shot every year. Remember, the flu shot cannot give someone the flu. Visit www.immunizecolorado.com or call your local health care provider or pharmacy to find a list of places that you can get a flu shot in your community.
- **Cook meats and poultry properly.** The U.S. does not import or sell poultry from countries where bird flu has been found. If poultry raised in this country become infected with bird flu, it will still be safe to eat if it has been properly cooked to at least 180°F.
- **Clean surfaces.** Clean commonly used surfaces with a household disinfectant or a mix of 1/4-cup chlorine bleach and one gallon of cool water. Clean anything that you touch with your mouth or hands, like your telephone.

A public awareness campaign supported by public and private partners concerned with homeland security and all-hazards preparedness.

1.800.639.READY (7323)

www.readycolorado.com

201 W. Colfax Avenue, Dept. 908
Denver, Colorado 80202

Make a Plan. Make a Difference.



www.immunizecolorado.com

**Colorado Influenza and
Pneumococcal Alert Coalition**

303-739-1127 (TTY/TDD)

1-877-462-2911

Colorado Help Line (CO HELP)

303-691-7700 (TTD)

1-800-886-7689 (toll-free)

www.cdph.state.co.us

**Colorado Department of Public
Health and Environment**

www.pandemicflu.gov

**U.S. Department of Health
and Human Services**

inquiry@cdc.gov

1-800-CDC-INFO (1-800-232-4636)

www.cdc.gov

**Centers for Disease Control
and Prevention**

Knowing the facts is the best preparation. For more information on pandemic flu, visit the following Web sites or call the telephone numbers provided.



PANDEMIC FLU GET READY



Make a Plan. Make a Difference.

An influenza, or flu, pandemic happens when a new flu virus appears that easily spreads from person-to-person and around the world. Experts cannot predict when the next flu pandemic may occur, or how severe it will be, but there are several things that you can do now to prepare for a flu pandemic.

PANDEMIC FLU: GET READY

GET INFORMED

Pandemic flu may last for several months. The following list describes what you might expect during a pandemic:

Social Distancing

- You may be told to stay away from crowded places, such as shopping malls, movie theaters or sporting events.
- You may be advised to stay home from school or work, just like a “snow day.”
- If you become sick with the flu, you may be asked to stay in your home or in the hospital for a certain number of days.

Community Disruption

- Usual services, such as hospital care, banks, stores and trash collection, may be disrupted. Make sure that you have cash and other supplies stored at home.
- Public gatherings, such as worship services, schools, clubs and sporting events may be canceled.
- Services for people with special needs may not be available.

Transportation Disruption

- Transit and gas stations may have limited service. Consider other ways to get to work or, if you can, work from home.
- Store food and other essential supplies so you do not need to make so many trips to the store.
- Keep cash on hand to pay for services, such as grocery delivery.
- Prepare backup plans for taking care of loved ones who are far away.

Business and Employment Concerns

- Ask your employer about how business would continue during a pandemic.
- Check with your employer or union about leave policies.
- Find out now if you can work from home.
- Plan for a potential reduction or loss of income if you are unable to work.
- Meet with your colleagues and make a list of things that you can do now to prepare.

A detailed business checklist can be found online at www.pandemicflu.gov.

School Closings

- Talk to your school nurse, teachers, administrators and/or parent-teacher organizations about their plans.
- Plan for home learning activities and exercises for children. Have materials, such as books, on hand.
- Plan for recreational activities that your children can do at home.
- Consider child care needs. Working at home may help you to care for your children if schools are closed.

A detailed checklist for schools can be found online at www.pandemicflu.gov.

WHAT IS THE DIFFERENCE?

SEASONAL FLU

- Seasonal flu is caused by influenza viruses that are similar to those already affecting people. Flu shots are available every year to protect against seasonal flu.
- Symptoms include fever, cough, sore throat, headache and muscle pain.
- Healthy adults are usually not at risk for serious complications. The very young, the elderly and people with serious health conditions are at increased risk for serious complications, such as pneumonia or even death.
- The more common flu that spreads each winter generally causes a modest impact on society, for example, some schools are closed and sick people are encouraged to stay home.

PANDEMIC FLU

- Pandemic flu is caused by a new influenza virus that people have not been exposed to before. Flu shots might not be available during the beginning of the pandemic because large amounts of vaccine can not be made until experts know what the new virus looks like.
- Symptoms will be similar to the regular flu, but may be more severe and complications could be more serious.
- Healthy adults may face a higher risk for serious complications.
- A severe pandemic could change daily life for some time. People may choose to stay home or be forced to stay home if they are sick or need to care for others. Travel and public gatherings could be limited. Basic services and access to supplies could be disrupted.

WHAT IS BIRD FLU?

Just like people, birds can get sick from flu viruses, but bird flu viruses rarely infect people. The bird flu that has been spreading quickly among wild birds and poultry in many countries is a very serious type of bird flu called H5N1. Currently, the H5N1 bird flu does not spread easily from person-to-person. Most of the human infections with bird flu in other parts of the world were caused by very close contact with infected birds. In the United States, poultry farms are very careful to prevent disease. Health experts are concerned that H5N1 bird flu could change into a virus that easily spreads from person-to-person. Scientists around the world are watching for changes in bird flu viruses because that could signal the beginning of a pandemic.