

Keeping you and your family healthy

- ◆ Family members should be trained to cover both their nose and mouth when they sneeze.
- ◆ Teach your family to cough into their elbow or sleeve, not just into the air. Never cover a mouth with just a bare hand to attempt to keep germs from spreading.
- ◆ Everyone in the family should get a yearly flu shot.
- ◆ Proper hand washing is the #1 way to prevent the spread of colds and the flu. Everyone in your family should wash their hands with soap and water often, especially after going to the bathroom.
- ◆ Insist family members stay home if they are ill.
- ◆ Make sure all rooms contain single use gloves. All family members should use universal precautions when cleaning up blood, throw up, or other body fluids.
- ◆ Help your children understand how ill they may become if they play with friends who are sick.



Links & Resources

Tooele County Health Department
www.tooelehealth.org

Tooele County Emergency Mgmt.
www.tcem.org

Utah's Pandemic Flu Website
www.pandemicflu.utah.gov

Utah Department of Health
www.health.utah.gov

U. S. Dept. of Health & Human Services
www.pandemicflu.gov

Center for Disease Control & Prevention
www.cdc.gov/flu/pandemic/

World Health Organization
www.who/int

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Tooele County Health Department



Preparing for Pandemic Flu

A guide for Tooele individuals and families



Tooele County Health Department

"Protecting Your Future"

 **TOOELE
COUNTY
HEALTH DEPARTMENT**

Pandemic Flu Outbreak

- Pandemic Flu is a new outbreak which spreads rapidly from one person to another. People do not have immunity to this new flu.
- At first the new virus attacks birds and animals, and later begins to infect humans.
- Since it's a brand new virus, scientists have not been able to make a vaccine to prevent it.
- Hundreds of thousands (maybe millions) will get sick. Many will die.
- Health officials are concerned about the Avian (bird) flu in Asia and Europe, because it could easily spread from one person to another.
- No one knows when the next pandemic flu outbreak will occur.
- Large pandemics occurred in 1918, 1957, and again in 1968. Since people travel quickly all over the world, it would be easy to spread a new virus from one person to another.



Utah Prepares Individuals and Families

Be Informed:

- ◆ Listen for pandemic influenza updates you see on the TV or hear on the radio.
- ◆ Understand pandemic flu is very different than the regular flu
 - >More people will be sick
 - >Those who become sick may be seriously ill
 - >There is no vaccine available
- ◆ A pandemic will change the way people live their lives
 - >Schools/daycares may be closed
 - >Grocery stores may close
 - >Churches/community centers may close

Have a plan:

- Make sure your family has a disaster kit which will last each family member for a week. It should contain items such as a first aid kit, ready to eat foods, sanitation supplies (toilet tissue, soap, alcohol based sanitizers, etc.), tools and emergency supplies. Include family pets in your plan. They also need food and water storage. In an emergency, most places won't take pets.
- Make a list of current medical problems for all family members. List all drugs taken, and their dosages. Include drug allergies.
- No family member should go to work or school if he/she is sick. Have an alternative plan in place for small children, especially since schools and day care centers will probably be closed.

Talk to your family:

- Tell your family about pandemic influenza and how it is spread.
- Make sure your family knows where your family plan is and how to use it. Designate an area outside of your home where all family members will meet if you have to evacuate your home quickly. (It should be close to your home, but not necessarily on your property.) Designate a spot in your community as well where the family can meet if you can't get to your home.
- Explain to your family how important it is to wash their hands with soap and water several times a day, especially after they use the toilet. Be a role model. If your family sees you washing your hands, they will be more likely to wash theirs.
- Keep an alcohol based hand sanitizer in areas of your home where children are likely to be. Encourage your family to use them often.

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