

## To Limit The Spread Of Germs And Prevent Infection



- Teach your family members to wash hands properly. Use soap and water or alcohol based hand cleaner. Rub vigorously for at least 20 seconds!
- Wash hands frequently.
- Avoid touching your mouth, nose or eyes.
- Cover your coughs and sneezes with a tissue. Dispose of the tissue, and then wash your hands.
- Avoid contact with others who are sick. Extend your well wishes by telephone or e-mail.
- Stay home from work or school if you are sick.
- Avoid crowds or crowded places (malls, movie theaters, etc.) during times when many people

**Prepare  
Plan  
Practice**

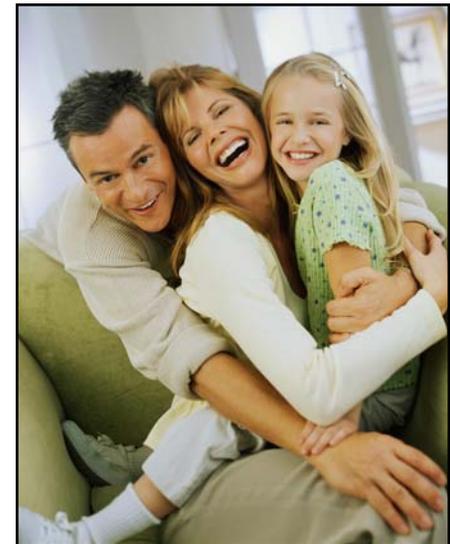


 **ValleyHealth**

 **LORD  
FAIRFAX  
HEALTH DISTRICT**

107 North Kent Street  
Winchester, VA 22601  
(540) 722-3480

Preparing For  
Pandemic Flu



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## Plan for an extended at home stay

- Ask your employer about how business will continue during a pandemic.
- Ask your employer if you can work from home during a flu pandemic.
- Plan for a possible reduction or loss of income if you are unable to work or your place of employment is closed.
- Check with your employer about leave policies.
- Ask your school administration how lessons will be conducted in the event of school closures. Have recommended school supplies on hand.
- Plan recreational activities that you and your children can do at home.
- Decide who will care for your children if school closes, but you have to work or are ill.



Now Is The Time To Plan

## Have A Two Week Supply Of...

- Ready to eat canned meats, fruits, vegetables, soups
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter and jelly
- Dried fruit, nuts, trail mix
- Crackers
- Canned Juice & Bottled Water
- Baby supplies
- Pet food

## Also Think About...

- Medical supplies such as diabetic supplies, blood pressure or other medicine you take regularly.
- Soap & water or alcohol based hand cleaner
- Fever reducers such as acetaminophen (Tylenol) or ibuprofen (Advil)
- Thermometer
- Vitamins
- Fluids with electrolytes (Pedialyte)
- Flashlight & radio with extra batteries
- Manual can opener
- Garbage bags
- Paper/plastic eating utensils, tissues, toilet paper



## If Someone In Your Home Develops Flu Symptoms...

- Have them drink plenty of fluids
- Have the person rest
- Use Tylenol or Advil to control fever
- **Do not give aspirin to children or teenagers, it can cause Reyes Syndrome (a life threatening illness)**
- Keep tissues and trash bags for their disposal within reach of the patient.
- Have all members of the household wash their hands frequently
- Keep other family members and visitors away from the ill person
- Contact a healthcare provider if the ill person is having difficulty breathing or is getting worse.