

Pandemic Flu

3 Things to KNOW

- ① Pandemic flu is a world-wide outbreak of flu caused by a brand new virus. It would make a lot of people sick and could cause many deaths. Experts say a pandemic *will* happen.
- ② In a severe pandemic, you might run out of food, medicine and other things you need. That's because many of the people who make and sell them will be too sick to go to work.
- ③ With so many people sick, there won't be enough doctors, nurses or hospital beds. You might have to take care of yourself or your loved ones at home.

3 Things to DO

- ① Make a habit of washing your hands often. Cough or sneeze into a tissue or your sleeve –not your hand! This will help stop the spread of flu germs.
- ② Stock up on things such as canned food, bottled water, bathroom items, baby or elder-care needs and batteries for radios and flashlights. In a severe pandemic, there will be shortages.
- ③ Make sure you have a thermometer, over-the-counter drugs for pain and fever and a first aid kit. Refill your prescriptions as soon as you can so you won't run out.

3 Places to GO to Learn More

- ① Ask your county health department what else you need to know. Their number is in your phone book.
- ② Check out these web sites: www.nyhealth.gov and www.pandemicflu.gov.
- ③ Call this toll-free help line: 800-CDC-INFO (800-232-4636). TTY: 888-232-6348.

