

Pandemic Flu

Be
Prepared



PREPARING FOR PANDEMIC FLU

Being prepared can give you peace of mind and confidence during a pandemic. It can help you, your family, and community cope more easily. You and your community can take actions that can help delay or reduce the impact of a pandemic. The VA, all levels of government, and others are taking steps to plan and prepare for pandemic flu. Use this information to prepare yourself and your family for a flu pandemic.

PANDEMIC FLU

- Pandemic flu happens when a new flu virus spreads to people all over the world.
- Pandemic flu is not the same as seasonal flu.
- Getting a flu shot or nasal spray is the best way to protect yourself from seasonal flu.
- Pandemic flu might make people sicker than seasonal flu and might spread easily to others because there would be no vaccine at first.

POTENTIAL IMPACT OF PANDEMIC FLU

A pandemic could change our communities in many ways. For example:

- Waves of pandemic flu may occur in communities for 6-8 weeks, then occur again months later.
- The country and the world could be affected for 1 to 2 years.
- 3 or more in every 10 people could become ill.
- 4 out of every 10 workers may miss work due to their own illness, caring for family or other reasons.
- Schools may be dismissed for weeks.
- Public gatherings (sports, concerts, movies) may be canceled.
- Public transportation could be limited.
- Businesses and public services may close or limit hours.
- People with flu symptoms may be asked to stay home or away from others while ill.
- Those exposed to illness may be asked to stay away from others until any threat of illness has passed.

STEPS YOU AND YOUR FAMILY CAN TAKE TO BE PREPARED FOR PANDEMIC FLU

- STOCK UP.** Have at least a two week supply of food and water. Get foods that are nonperishable, ready to eat, and need little or no water to prepare.
- CHECK HEALTH CARE SUPPLIES.** Have 2 weeks or more of medications, and other supplies. Renew prescriptions if necessary.
- PLAN HOME CARE FOR FLU.**
See SUPPLIES CHECKLIST
- TALK WITH FAMILY ABOUT YOUR PANDEMIC AND OTHER EMERGENCY PLANS.**
- ASK ABOUT AND PREPARE FOR WORKING FROM HOME.**
- KNOW SCHOOL PLANS AND CONSIDER HOME LEARNING ACTIVITIES FOR CHILDREN.**
- WORK WITH NEIGHBORS, SHARE EMERGENCY CONTACTS.** The elderly, people who live alone, and the disabled may need special help.
- GET INVOLVED IN PLANNING AND PREPAREDNESS IN YOUR COMMUNITY.** Contact your public health department, neighborhood association, or faith-based organization.

SUPPLIES CHECKLIST

Food and Nonperishable Supplies

Medical, Health, and Emergency Supplies

Ready-to-eat canned meats, fish, fruits, vegetables, beans, and soups	Prescribed medical supplies such as glucose and blood-pressure monitoring equipment
Protein or fruit bars	Medicines for fever, such as acetaminophen (e.g. Tylenol®) or ibuprofen (e.g. Advil® or Motrin®)
Dry cereal or granola	Anti-diarrheal medication
Peanut butter or nuts	Vitamins
Dried fruit	Fluids with electrolytes (e.g. Gatorade®, Pedialyte®)
Crackers	Thermometer
Canned juices	Facemasks, disposable gloves
Store-bought, sealed, bottled water	Regular or antimicrobial soap, water, or alcohol hand rub
Baby food and formula in cans and jars	Tissues, paper towels, toilet paper, and disposable diapers
Powdered milk	Feminine hygiene products
Food, water, and medicine for pets	Household cleaning supplies and garbage bags
Plan for one gallon of water per person per day	Manual can opener
Change stored water every 6 months	Flashlight, portable radio and batteries
Replace canned goods after 1 year	Extra blankets
Be mindful of expiration dates	Cash (bills & coins)

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