

Information on Pandemic Flu

A pandemic is a global disease outbreak. An influenza (flu) pandemic occurs when a new influenza virus:

- Emerges that people have never experienced before
- Begins to cause serious illness in humans
- Spreads easily person-to-person worldwide

Reducing Your Risk

Protect yourself from flu by taking the same steps you would to guard yourself against colds and other viruses.

- Cover your nose and mouth with a tissue when you sneeze or cough
- Wash your hands with soap and water frequently throughout the day, especially after coughing or sneezing. Do not rub eyes, mouth or nose and wash hands before touching them
- Stay home from work or school when you are ill
- If there is flu in your area, avoid crowded and poorly ventilated public areas
- If you experience flu symptoms, consult a doctor and stay at home



What can you do to be prepared?

If pandemic flu occurs be prepared to shelter in place for at least two weeks. In addition to a Disaster Preparedness Kit, you will want to include basic medical supplies such as a thermometer, pain and fever reducing medication, tissues and surgical masks.

More information can be found at:



<http://www.aclink.org/publichealth/>

<http://www.cdc.gov/flu/pandemic/>

<http://www.pandemicflu.gov/>

Or by calling the

Atlantic County Division of Public Health at 609-645-5935