



HOW TO  
AVOID  
CATCHING  
THE FLU

***KEEP YOUR DISTANCE:***

*STAY AT LEAST 3 FEET AWAY FROM  
OTHERS WHEN TALKING.*

***COVER YOUR COUGH:***

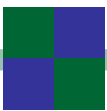
*SNEEZE OR COUGH INTO YOUR SLEEVE  
OR A TISSUE. DISPOSE OF ALL TISSUES  
PROPERLY AND DO NOT RE-USE.*

***WASH YOUR HANDS:***

*USE PLENTY OF SOAP AND WATER AND  
RUB HANDS TOGETHER FOR AT LEAST  
20 SECONDS.*

***STAY HOME IF YOU FEEL ILL:***

*DON'T INFECT OTHERS. BE KIND TO  
YOURSELF AND THEM. KEEP YOUR CHILDREN  
HOME FROM SCHOOL IF THEY  
ARE ILL.*



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Communicable Disease Control Services Division  
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2009 H1N1  
Influenza  
(Swine Flu):  
Get Prepared  
Stay Prepared

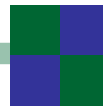
Saint Louis  
**COUNTY**  
**HEALTH**



# Is the 2009 H1N1 Flu a Pandemic and what is Pandemic Influenza?

A Pandemic is an outbreak of disease which occurs simultaneously around the world. An influenza pandemic may occur from the 2009 H1N1 influenza (swine flu) currently circulating. Right now people could be at risk for developing the flu and there is no vaccine immediately available. Since the 2009 H1N1 flu virus is new to humans it has the potential to cause serious disease and possible social disruption.

Historically, influenza pandemics have occurred about 3 times a century. It is difficult to predict exactly when an influenza pandemic might occur or how severe it would be. For this reason, health officials are urging you to plan ahead and prepare for pandemic influenza today in order to have a safe tomorrow.



## How can I prepare?

### STAY INFORMED

Understanding what the 2009 H1N1 influenza is and how it could affect your family and business is the first step. Check the U.S. Government's 2009 H1N1 Influenza website regularly: [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu) or call 1-800-CDC-INFO (1-800-232-4636).

### PREPARE YOUR PLAN

Whether it is your business or your home, it is very important that you develop and maintain a pandemic influenza preparedness plan. Here are a few ideas to help you begin:



### HAVE A FAMILY OR BUSINESS COMMUNICATION PLAN

Make sure that everyone knows how to communicate with one another in the event of a pandemic. Do not rely only on cell phones. Check with your employer or children's school to see if they have a plan.

### STORE A 2 WEEK SUPPLY OF ESSENTIALS

Have enough food and water on hand to supply your home for 2 weeks. In the event of a pandemic, it may be difficult to get to the store, or stores may have run out of your needed item. Also don't forget your pets' needs.

### CREATE A KIT

Make sure that you have basic supplies on hand. These include, but are not limited to: batteries, cleaning supplies, flashlights, a battery powered radio, a can opener, copies of your important personal information and documentation, some extra cash.

### MAINTAIN YOUR PRESCRIPTIONS

Check your prescriptions regularly to make sure that you have enough. Also don't forget to keep your non-prescription medications, such as pain relievers, cough and cold medicines and hydrating drinks, current and close at hand.

### BE PREPARED TO TAKE CARE OF THE ILL

In the event of an influenza pandemic, regular people might need to take care of ill household members in their own homes. Learn in advance what this might entail and have the appropriate supplies on hand. For more information please see the Red Cross' Home Care Pandemic Flu Flyer: <http://www.redcrossstl.org/> or call 314-516-2800.

For more emergency preparedness information, go to the Missouri Department of Health and Senior Services' "Ready in 3" website: [www.dhss.mo.gov/Ready\\_in\\_3](http://www.dhss.mo.gov/Ready_in_3) or call 573-526-4768.

