



Flu germs can be deadly.

Prevention of seasonal flu

Considerations for pandemic flu

(an unknown flu virus for which most people do not have natural immunity and for which a vaccine is not readily available)

- To minimize the spread of germs, minimize close contact with others.
- Consider alternatives to daily routines. If possible, work from home. Watch worship services on television. Decline social invitations.
- Expect temporary closings of some businesses, schools, and forms of public transportation. Also, expect to find limited supplies on store shelves.
- Develop a plan. This includes stockpiling two weeks' worth of drinking water,

(an annual flu virus for which most people have some natural immunity and for which a vaccine is available)

- Eat well and exercise daily to stay healthy.
- Use soap, alcohol-based wipes, or gel sanitizers to wash hands. Clean off surfaces that are touched frequently such as telephones and computer keyboards.
- Use a disposable tissue when sneezing or coughing. If a tissue isn't available, sneeze into your shirtsleeve. Sneezing into one's bare hands can further spread germs.

non-perishable food items, and prescription medicines. If you become ill or are caring for someone who is ill, you may be unable to go to the store.

- If a family member contracts the flu, decide who will provide nursing care.
- Maintain updated health information - including allergy and blood type information - for all family members.
- Maintain an emergency contact list.

Information provided by your local Lions club.

