



WHAT YOU CAN DO NOW

PROTECT YOURSELF AND PREVENT THE SPREAD OF VIRUS

You can reduce your risk of getting or spreading any flu virus by making simple health habits part of your daily routine. Someone with pandemic influenza may be contagious before he or she feels sick until several days after symptoms are detected. By taking care of your own health, you are protecting your family and community.

- Use a tissue, your arm, or your sleeve - not your hands - to cover coughs and sneezes.
- Throw tissues away immediately after using them.
- Frequently wash your hands with soap and warm water, even if you are not feeling sick. Count to 20 to be sure you've washed long enough. If you have no access to a faucet, use alcohol-based hand sanitizer.
- Avoid touching your face with unwashed hands, especially after being out in public.
- Stay home when you are sick and do not send children to daycare or school if they are sick.
- Keep your distance from others when you are sick.
- Avoid close contact with people who are sick.
- If you must be in a public setting during an influenza pandemic, try to sit or stand more than an arm's distance - about three feet - from other people.



PREPARE NOW FOR AN EXTENDED STAY AT HOME

- Keep as much extra non-perishable food and water as you can to minimize trips to stores and other crowded places.
- Stock extra household items like soap, tissues, toilet paper, diapers, and pet supplies.
- Keep a supply of over-the-counter medicine like pain and fever relievers, stomach remedies, and cough and cold treatments to ease flu symptoms.
- If you have a chronic illness, check your prescriptions to make sure you have a continuous supply.
- Talk to your employer and your children's daycare provider or school about emergency plans, including what they would do in a pandemic influenza outbreak.
- For more information on what you should have in an emergency supply kit visit NYC.gov/readyny or call 311 (TTY: 212-504-4115) and request a copy of *Ready New York: Preparing for Emergencies in New York City*.

HOW A PANDEMIC MAY AFFECT NEW YORK CITY

A pandemic influenza outbreak could last many months and have a major effect on New York City, where people live, commute, and work so close to one another. Schools, daycare centers, and businesses may shut down to reduce the spread of the virus. Public events may be canceled. Health officials may recommend people with flu-like symptoms or people who have been exposed to symptoms stay separate from others.

Many people may be sick at the same time, crowding hospitals and clinics. Stores may be short on supplies like food, water, and gas.

Some may have to stay home to care for sick family members. Talk to family and friends about taking care of one another if someone gets sick. Keep sick household members separated from others as much as possible. Those who are sick should wear surgical face masks or something over their mouths and noses to contain germs.



DURING A PANDEMIC

The New York City Department of Health and Mental Hygiene works with public health officials around the world to watch for signs of an emerging pandemic. The City is also working to prepare hospitals, doctors, and New Yorkers to respond to a pandemic.

As soon as a pandemic influenza virus is identified, scientists worldwide will begin developing a vaccine. There will be a period, likely several months, when your best protection will come from commonsense health practices, such as staying home to avoid being exposed.

City health officials will provide antiviral medications to sick New Yorkers to treat people with flu symptoms. Antiviral medicines may help when taken within 48 hours after the onset of flu symptoms.



TAKE CARE OF YOUR EMOTIONAL HEALTH DURING AN EMERGENCY

- Stay connected: contact family and friends by telephone, e-mail, or other means.
- Reduce your stress by doing things that are comforting, like reading, listening to music, and exercising.
- Staying current on health news is important, but repeated disturbing images and reports can be harmful. Watch or listen to the news for short periods at a time.
- Call LifeNet, New York City's confidential 24-hour mental health hotline, for advice and support.
 - English: 800-LifeNet (543-3638)
 - Spanish: 877-Ayudese (298-3373)
 - Asian languages: 877-990-8585
 - TTY: 212 -982-5284
 - All other languages: 311

STAY INFORMED

During a pandemic or any emergency, call 311 (TTY: 212-504-4115) and pay close attention to news media for regular announcements from City officials. The New York City Health Department will provide information about symptoms, when to go to the doctor, when to stay home, where to go for treatment, and how to care for those who are sick.

MORE RESOURCES

For more information on pandemic influenza preparedness, log on to www.pandemicflu.gov, visit the New York City Health Department online at NYC.gov/health, or call 311 (TTY: 212-504-4115).

For more information on emergency planning and preparedness, visit the New York City Office of Emergency Management online at NYC.gov/oem, or call 311 (TTY: 212-504-4115).