

## Tips for Preparing for and Managing a Pandemic Influenza

### Self-Care

- **Get an annual flu vaccine.** While annual flu vaccine is effective only against seasonal flue and will not protect against pandemic influenza, it will help protect your general health condition and immune system.
- **Cover coughs and sneezes with a tissue or your upper sleeve.**
- **Avoid close contact with people who are sick.** When possible, stay at least six feet away from someone who is coughing and sneezing. If you are responsible for caring or assisting a sick person, consider wearing a respirator—a face piece designed to protect you from breathing in small particles which may contain viruses.
- **Wash your hands** after coughing, sneezing, using tissues, using the toilet, and touch public surfaces (such as door handles, shopping carts), and after contact with a person who has the flu or with their immediate surroundings—their home or room. When soap and water are not available, use an alcohol-based hand sanitizer.
- **Stay home when sick.** This will help prevent others from catching your illness. Consider wearing a facemask if you are sick with the flu and need to have close contact with others.
- **Avoid crowds** during a pandemic.
- **Get lots of rest, drink plenty of fluids, and avoid using alcohol and tobacco** to protect your overall health condition.
- **Talk with family members and prepare a family plan for caring for anyone who gets sick and have a backup caregiver.**
- **Plan ahead for childcare if schools and childcare programs close.**
- **Talk to your employer about sick leave, telecommuting policies, and your workplace pan flu plan.**

### Prepare Your Home

- **Store a two-week supply of water and food** (ready-to-eat canned meats, fruits, vegetables, beans, soup, protein or fruit bars, dry cereal or granola, peanut butter, nuts, dried fruits, crackers, canned or boxed juices, bottled water, canned or jarred baby food and formula. If you have a pet, don't forget also to store food, water, and pet supplies.
- **Ask your doctor and insurance company about getting an extra supply of prescription medications.**

- **Store health and medical supplies consistent with your medical needs.** Include a digital thermometer, pain and fever relievers, stomach remedies, cough and cold medicines, fluids with electrolytes.
- **Store other health and emergency supplies,** including such as soap and alcohol-based hand sanitizer, flashlights, batteries, portable radio, manual can opener, garbage bags, tissues, paper towels, toilet paper, and disposable diapers.

Visit [ANCOR's online pandemic flu web page](#) frequently for updated information. **ANCOR's Government Relations Staff Mary Pauline Jones ([mpjones@ancor.org](mailto:mpjones@ancor.org)) is the staff contact for information on pandemic flu.**

There are other resources for preparing for pandemic influenza are available. These include:

- [Business Pandemic Flu Planning Checklist](#)
- [State Pandemic Plans](#)
- [U.S. Department of Health and Human Services](#)
- [Centers for Disease Control and Prevention](#)