

Be Prepared.

\$10 A WEEK. 10 WEEKS TO STAY PREPARED.



WHAT IS A PANDEMIC?

A pandemic is a global outbreak of any disease that is new to a community, spreads easily from person-to-person and causes serious illness and death.

WHAT CAN I DO TO PROTECT MYSELF AND MY FAMILY BEFORE OR DURING A PANDEMIC?

- Wash your hands often with soap and water or sanitizer.
- Stay healthy by exercising, eating healthy foods and getting lots of rest.
- Drink lots of water.
- Stop smoking.
- Lower your stress level.
- Do not share personal items with anyone, even family members.
- Avoid close contact with people who are sick.
- Listen to a reliable news source for information.
- Follow your doctor's instructions.

HOW CAN I PROTECT MYSELF IF A FAMILY MEMBER BECOMES SICK?

- Do not share personal items or drinks.
- Wash your hands after caring for the family member.
- Wash your hands after touching items that have come in contact with the family member.
- Avoid touching your eyes, nose and mouth.
- Clean surfaces around the sick person often and with cleanser.
- Clean common surfaces such as doorknobs, faucets, light switches and the telephone.

HOW CAN I PROTECT MY FAMILY IF I BECOME SICK?

- Cover your nose and mouth with a tissue when you cough or sneeze
- Throw used tissues in the trash.
- Wash your hands often with soap and water.
- Use a different towel than your family members.
- Stay home if you have a cough and fever.
- Contact your doctor and follow their instructions.

SHOULD I GO OUT IN PUBLIC DURING A PANDEMIC?

Public health officials will give you with specific guidelines during a pandemic. However, there are things you can do now to prepare, in case you can't leave your home during a pandemic:

- Talk to your supervisor about possibly working from home.
- Talk to your child's teacher about ways to keep up with lessons and homework.
- Have enough food and water stored to last you and your family for about 10 days.
- Big sporting events, gatherings, church services and social functions may be cancelled.

WHAT SUPPLIES SHOULD I KEEP AT HOME?

- Keep enough food and water to last each person for 10 days.
- Have on hand you and your family's medications, first-aid supplies and a thermometer.
- Stock paper towels, tissues, trash bags, hand soap and bleach.
- Include food and supplies for household pets.

VISIT WWW.CPHD.UCLA.EDU FOR MORE INFORMATION

