



## Public Health Instructions During a Pandemic Flu

Throughout a pandemic flu, people may be asked or required to do things to help hold back the spread of the disease in our community.

Here are some examples of what health services may ask people to do:

### STAY HOME

People who are sick should stay home. Children should not go to school if they are sick. Staying home will be absolutely necessary during a pandemic flu to limit the spread of the disease.

### AVOID LARGE GROUPS

People – even those who are well – should stay away from gatherings of people such as sporting events, movies and festivals. During a pandemic flu these kinds of events could be cancelled because large gatherings of people help spread the flu virus.

Isolation and Quarantine are public health actions used to contain the spread of a contagious disease. If asked, it will be important to follow Isolation and/or Quarantine instructions.

ISOLATION is for people who are already ill. When someone is isolated, they are separated from people who are healthy. Having the sick person isolated (separated from others) can help to slow or stop the spread of disease. People who are isolated can be cared for in their homes, in hospitals, or other healthcare facilities. Isolation is usually voluntary, but local, state and federal government have the power to require the isolation of sick people to protect the public.

QUARANTINE is for people who have been exposed to the disease but are not sick. When someone is placed in quarantine, they are also separated from others. Even though the person is not sick at the moment, they were exposed to the disease and may still become infectious and then spread the disease to others. Quarantine can help to slow or stop this from happening. States generally have the power to enforce quarantines within their borders.



## Tips for Parents on coping with pandemic flu

### Plan for an extended stay at home during a flu pandemic.

- Ask your employer about how business will continue during a pandemic.
- Ask your employer if you can work from home during a flu pandemic.
- Plan for a possible reduction or loss of income, if you are unable to work or your place of employment is closed.
- Check with your employer or union about leave policies.
- Check with your school district for home learning activities. Have materials, such as books, on hand.
- Plan recreational activities that your children can do at home.

### Items to have on hand for an extended stay at home:

Examples: Nonperishable foods Health and emergency supplies

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| ~Ready to eat canned meats, fruits, vegetables, soups | ~Prescribed medical supplies such as glucose and blood pressure monitoring  |
| ~Protein or fruit bars                                | ~Soap and water or alcohol based hand wash                                  |
| ~Dry cereal or granola                                | ~Medicines for fever, such as acetaminophen (Tylenol) or ibuprofen (Motrin) |
| ~Peanut butter and jelly                              | ~Thermometer  |
| ~Dried fruit, nuts, trail mix                         | ~Vitamins   |
| ~Crackers   | ~Fluids with electrolytes, such as Pedialyte®                               |
| ~Canned juices  | ~Flashlight with extra batteries  |
| ~Bottled water  | ~Portable radio with extra batteries  |
| ~Canned or jarred baby food                           | ~Manual can opener  |
| ~Baby formula   | ~Garbage bags   |
| ~Pet food   | ~Tissues, toilet paper, disposable diapers                                  |

### If someone in your home develops flu symptoms (fever, cough, muscle aches):

- Encourage plenty of fluids to drink.
- Keep the ill person as comfortable as possible. Rest is important.
- For adults with fever, sore throat and muscle aches, use ibuprofen (Motrin) or acetaminophen (Tylenol).
- Do not use aspirin in children or teenagers; it can cause Reye's syndrome, a life threatening illness.
- Sponging with tepid (wrist temperature) water lowers fever only during the period of sponging. Do not sponge with alcohol.
- Keep tissues and a trash bag for their disposal within reach of the patient.
- All members of the household should wash their hands frequently.
- Keep other family members and visitors away from the person who is ill.
- Contact a healthcare provider for further advice. If the ill person is having difficulty breathing or is getting worse, contact the healthcare provider right away.

For more information, call your healthcare provider or visit Community Healthcare Systems website at [www.comhs.org](http://www.comhs.org).