



# NATIONAL PREPAREDNESS MONTH SPECIAL NEEDS WEEK

GET PREPARED. GET INVOLVED.

## Think About Your Needs

- Use **Ready New York for Seniors and People With Disabilities** to plan for an emergency.
- Discuss emergency **prescription refills** with your doctor and pharmacist.
- If you receive home care, find out your provider's **emergency plan**.
- **Register** medical equipment with your power provider.
- Consider **direct deposit** for Social Security payments.

## Create Your Support Network

- **Share** your emergency plan with friends and loved ones.
- Identify both local and out-of-state **family, friends, or neighbors** to help you in an emergency.
- Tell them about **your personal needs** and how best to help you.
- Keep **health information**, copies of prescriptions, medical equipment instructions, and emergency contact information in *one easy-to-find place*.

## Get Prepared

- Use the **Ready New York guide** to help you **pack a Go Bag** and an **Emergency Supply Kit**.
- If you're a health professional, join the **Medical Reserve Corps** at **www.nyc.gov/medicalreservecorps**
- Keep a small amount of **cash** on hand at all times.
- **Stay informed** about emergencies in your area — sign up for free notifications at **www.nyc.gov/notifynyc**.
- **Learn** about your community's disaster preparedness plans.

# NATIONAL PREPAREDNESS MONTH HEALTH INFORMATION

## H1N1 Flu: What You Need to Know

### What is H1N1 Flu?

H1N1 flu (“swine flu”) is caused by a virus similar to regular (seasonal) flu. The illness can cause fever, cough, sore throat, tiredness, aches, chills and stuffy nose. H1N1 flu spreads when a sick person coughs or sneezes. You can also get infected by touching something with flu viruses on it and then touching your own mouth or nose.

### How can I protect myself and others from H1N1 flu?

- Don’t get too close to people who are sick. If you get sick yourself, avoid close contact with other people.
- Cover your nose and mouth when you sneeze. And wash your hands often with soap and water or an alcohol-based hand cleaner.

### What should I do if I develop flu-like symptoms, such as fever and cough?

- Stay home from school or work until 24 hours after your symptoms go away.
- If you are over 65, under 2 or pregnant – or you have asthma or other health problems – call your doctor to see if you need medicine. Your doctor may be able to give you a prescription over the phone.
- You *don’t* need to go to an emergency room unless you have severe symptoms, such as breathing problems.

### When do I need medicine for the flu?

Most people recover without medication, but some people are more likely to get severely ill with the flu. Those at risk include everyone over 65, under 2 or pregnant, and anyone with other long-term health problems, such as asthma or diabetes.

- If you belong to one of these groups and you get come down with symptoms of flu, call your health care provider right away to get a prescription.

### When should I go to the emergency room or hospital?

You *don’t* need to go the hospital or emergency room unless you have severe symptoms. Severe symptoms include:

- Trouble breathing or shortness of breath (rapid breathing in children)
- Pain or pressure in the chest or stomach
- Bluish skin color
- Dizziness or confusion
- Increasing fever
- Vomiting that won’t stop

### Should I send my children to school?

If your child is sick, he or she should stay home until 24 hours after symptoms go away. Healthy children do not need to miss school unless classes are canceled. You can find out if your school is closing by visiting <http://schools.nyc.gov/Home/Spotlight/closures.htm>.

For more information: Visit [www.NYC.gov/html/doh/html/cd/cd-h1n1flu.shtml](http://www.NYC.gov/html/doh/html/cd/cd-h1n1flu.shtml)

Information provided by the New York City Department of Health and Mental Hygiene  
[http://www.NYC.gov/html/doh/downloads/pdf/cd/h1n1\\_flu\\_what\\_to\\_do\\_flyer.pdf](http://www.NYC.gov/html/doh/downloads/pdf/cd/h1n1_flu_what_to_do_flyer.pdf)