



PANDEMIC INFLUENZA RESPONSE GUIDE



An influenza pandemic is a widespread flu outbreak. Mild symptoms of influenza include fever and cough. Severe symptoms include trouble breathing or shortness of breath, pain or pressure in the chest or stomach, bluish skin color, dizziness or confusion, nausea or vomiting, or increasing fever.



Cover your cough and sneeze.

- ▶ Cover your mouth and nose with a tissue when you cough or sneeze. If you do not have a tissue, cough or sneeze into your elbow, not your hands. It can prevent others from getting sick.
- ▶ Avoid touching your face. Influenza viruses can enter your body through your nose, mouth or eyes.



Wash your hands.

- ▶ Wash your hands often to avoid spreading germs. Use soap and warm water, and count to 20 or sing “Happy Birthday.”



Get vaccinated.

- ▶ When the pandemic influenza vaccine is available, get vaccinated. It is the best way to prevent influenza. Find vaccination sites at <http://www.nyc.gov> or by calling 311.



Stay home if you are sick.

- ▶ If you get sick, stay at home until 24 hours after your symptoms are gone. People with the flu usually recover without medical treatment. If you have questions, call 311.
- ▶ If your symptoms are severe, seek medical care immediately.
- ▶ Speaking with a doctor may be difficult during an influenza pandemic because many people may be ill. Call 311 or visit <http://www.nyc.gov>, <http://www.cdc.gov> or <http://www.flu.gov> for more information about other options.

GENERAL GUIDELINES

- ▶ Get health information from credible sources (nyc.gov, cdc.gov and 311).
- ▶ Sign up for Notify NYC for information about emergency events.
- ▶ If you or anyone you know feels overwhelmed or needs help coping, visit lifenet.nyc for free help in your language.
- ▶ In an emergency, always call 911.



Know who is at risk.

- The following groups of people are at highest risk of becoming seriously ill or requiring medical treatment for influenza.
 - People 65 years or older
 - Pregnant women
 - Children younger than 5 years old, but especially children younger than 2
 - People with a pre-existing medical condition, such as asthma
 - People with chronic lung disease, such as chronic obstructive pulmonary disease (COPD) or cystic fibrosis
 - People with heart disease, such as congenital heart disease, congestive heart failure or coronary artery disease
 - People with weakened immune systems due to disease or medication, such as people with HIV, AIDS or cancer, or people on steroids
 - Those in close contact with people at risk of complications, like healthcare workers and people who care for infants too young to be vaccinated.



Reach out.

- Reach out to family, friends or neighbors if you need help. Someone in your community may be able to help you get food, medicine or other important items.
- Protect yourself and reach out to anyone you know who may be at risk.