

Pandemic Flu Preparedness for Ramona, SD

What can you do to prevent the flu?

- Practice good hand hygiene
 - Wash hands before and after activities such as: going to the bathroom, playing with animals, being outside, sneezing, coughing or any time your hands are visibly dirty.
 - When washing your hands, use warm-hot water and antibacterial soap. Scrub for 20 seconds, and do not touch the faucet with your clean hand. Instead, use paper towel or your arm to shut off the faucet.
- When coughing or sneezing, use the inner aspect of your elbow instead of your hand to cover your mouth. This limits the spread of bacteria.
- If you feel ill, stay home! This will limit other person's exposure to any illness you may have.
- Get your annual flu shot.
- Live a healthy lifestyle. This includes getting plenty of rest, exercising regularly, drinking enough water, and eating nutritious food. This will aid your immune system to function properly and you will be able to fight off illnesses quickly.
- Cook any poultry to 165 degrees F to ensure that it is safe to eat.
- Avoid sick or dead birds and bodily fluids of birds.
- When traveling to countries with possible bird flu cases, monitor your health.

What can you do to prepare for Bird Flu?

- Pack an emergency safety kit that could last for up to 2-4 weeks. This should include:
 - Water
 - Nonperishable foods
 - Prescription or non-prescription medications you take on a regular basis
 - Personal items such as: shampoo, soap, toothpaste, toilet paper and other personal hygiene items you may need.

Please refer to the following links if you wish to learn more about the Pandemic/Bird Flu.

www.pandemicflu.gov

www.who.int/csr/disease/influenza/pandemic/en/

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