

## **Department of Health (DOH) Offers Flu Safety Tips**

- Pennsylvanians can find the latest information about the global outbreak of the Novel flu (2009 A/H1N1) at the Department of Health's [Web site](#).
- As with any flu, there are steps you can take to protect your health:
  - 1) The most important tip is to wash your hands.
  - 2) Try to stay in good general health by getting plenty of sleep, being physically active, managing your stress, drinking plenty of fluids, and eating nutritious food.
  - 3) You should avoid touching surfaces that may be contaminated with the flu virus and avoid close contact with people who are sick.
- If you have questions for the Health Department, e-mail [influenzaquestions@state.pa.us](mailto:influenzaquestions@state.pa.us).
- DOH WEBSITE LINK: <http://www.dsf.health.state.pa.us/health/cwp/view.asp?q=252990>

## **Flu Safety Tips—Be Prepared at Home**

- ▶ Communications –
  - Stay informed by calling the CDC hotline at 800-232-4636 or go to [www.pandemicflu.gov](http://www.pandemicflu.gov).
  - Listen to newscasts and read your newspaper.
- ▶ Family Planning –
  - Develop a written plan for each family member that:
    - 1) identifies all medical conditions, allergies, and medications, including name and dosage levels;
    - 2) lists all contact information for specialists, physicians, designated caregivers, health service agencies, and other health providers; and
    - 3) lists all family contact information.
- ▶ Supplies
  - Store a two-week supply of water based upon one gallon of water per person per day (at minimum).
  - Stock up on ready-to-eat canned meats, fish, fruits, vegetables, beans and soups that don't have to be heated in case of a power outage.
  - Include protein bars, peanut butter, nuts, crackers, and canned juices in your food provisions
  - Store adequate food and water for your pets.
  - Keep a 30-day supply of your prescription medications and any over-the-counter meds you may need.
  - Keep standard emergency supplies on hand such as a portable radio, batteries, flashlights, manual can opener, garbage bags, paper towels and toilet paper.
  - Have cash safely stored at home should banks or ATM machines be closed .
  - Keep the gas tank in your near full.

By taking these measures you will be prepared for a pandemic, if it occurs. You'll also be prepared for the next power outage, storm or any catastrophe that may affect your everyday living.