

## PANDEMIC

### PANDEMIC

Flu pandemics can be deadly because there are too many people with severe symptoms at one time. Hospitals are unable to manage the care needs and simple flu remedies will be in short supply.

Without advanced care, any complications can be deadly! To slow down the spread of disease:

- Keep hands clean with soap & water or sanitizer
- Cover your coughs and sneezes
- Stay home if you have a fever
- Follow current instructions from the Centers for Disease Control [www.cdc.gov](http://www.cdc.gov)
- Get a flu shot!

### SUPPLIES TO KEEP ON HAND BEFORE YOU GET THE FLU

- Fever medicine
- Upset stomach medicine
- Cough medicine/decongestant
- "Flu Food" - whatever you eat when you are very sick
- Gatorade or other electrolyte drink to prevent dehydration
- Other favorite home remedies
- Hand sanitizer
- Bleach to sanitize surfaces (10% bleach/90% water)