

## *So what should I remember about all this?*

- Don't spread germs!
- Wash your hands with soap and water.
- Cover your coughs and sneezes with your sleeves or tissues.
- Wash your hands after sneezing or coughing into tissues.
- If you are sick, limit contact with others.
- During a pandemic stay home and listen to the radio and the news for updates and instructions.

*Remember, you hold the key to slowing the spread of disease and helping protect the people you love. Use it wisely, we are counting on you!*

## More Information

[www.pandemicflu.gov](http://www.pandemicflu.gov)

*U.S. Department of Health and Human Services*

[www.prepare.org](http://www.prepare.org)

*Red Cross*

[www.oes.ca.gov](http://www.oes.ca.gov)

*Governor's Office of Emergency Services*

[www.getimmunizedca.org](http://www.getimmunizedca.org)

*California Department of Health Services,  
Immunization Branch*

[www.cdc.gov/flu](http://www.cdc.gov/flu)

*Centers for Disease Control and Prevention*

[www.vchca.org/ph](http://www.vchca.org/ph)

*Ventura County Public Health*

### Public Information in Ventura County

Dial 211 on your phone

Dial 1-800-339-9597 on your cell phone

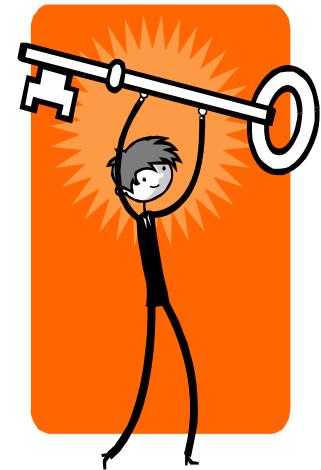
Radio KHAY 100.7 FM

KCAQ 104.7 FM

KVTA 1520 AM

KVEN 1450 AM

## **PANDEMIC INFLUENZA (BIRD FLU)**



*You Hold the Key*



Ventura County Public Health

A Division of the Ventura County Health Care Agency

**All of us get sick sometime in our life. Maybe we catch the cold, get the flu or some other illness caused by germs. The important thing to remember, when you are sick, is to protect your family, friends, and those around you from getting sick.**

### **What should I know about pandemic flu?**

- Scientists believe the virus (germ) that is causing the “bird flu” can change.
- If it changes it can make people sick.
- These sick people can cause others around them to get sick.
- This disease can spread all over the world. If this happens it would be called a “pandemic” and many people would become sick and could die.
- You must protect yourself, your family, and those around you.

### **What Can I do?**

*You can protect yourself, your family and those around you by doing the following:*



- Wash your hands often with soap and warm water for 20 seconds or more.
- Cover your coughs and sneezes with your sleeves or tissues.
- If you cough or sneeze into tissue, put it in the trash after using it and then wash your hands.
- If you feel sick, limit contact with others.

### **What do I do if a pandemic is announced?**

- Watch the news, radio, or call the county to listen for instructions (*See back of brochure for list of stations*)
- Stay at home as much as you can.
- Do not go out in public, especially crowded places, if you do not really have to.
- If you go out, wear a mask. This can possibly give you some protection. Go back to your home as soon as you can.

### **Can I plan Ahead?**

- Yes, share the information in this brochure with friends and family.
- You should make a two week emergency kit for you and your family.

### **What should an emergency kit include?**



- Canned food
- Water
- Prescription Medicine
- Pain Medicine like Tylenol® and Motrin®
- Anti-Diarrhea Medicine like Imodium® A-D or Pepto-Bismol®
- First Aid Kit
- Portable Radio & Batteries

**For more details on what to put in the kit please visit the websites printed on the back of this brochure.**