



BE DELTA READY!!!

This is the start of Flu Season. Be prepared for Emergencies such as Pandemic Influenza. Doctors recommend getting a Flu shot sometime between Labor Day and Thanksgiving.

What is pandemic?

A pandemic is the worldwide spread of a new disease.

An influenza pandemic occurs when a new influenza virus emerges and spreads around the world, and most people do not have immunity.

Some aspects of influenza pandemics can appear similar to seasonal influenza while other characteristics may be quite different. For example, both seasonal and pandemic influenza can cause infections in all age groups, and most cases will result in self-limited illness in which the person recovers fully without treatment. However typical seasonal influenza causes most of its deaths among the elderly while other severe cases occur most commonly in people with a variety of medical conditions.

For both seasonal and pandemic influenza, the highest levels of activity would be expected to occur in the usual influenza season period (winter months).

Prepare for an influenza pandemic now.

Know both the magnitude of what can happen during a pandemic outbreak and what actions you can take to help lessen the impact of an influenza pandemic on you and your family.

Learn the steps to prevent an outbreak. Limit the spread of Germs and Prevent Infection

Avoid close contact with people who are sick.

Cover your mouth and nose with a tissue when coughing or sneezing.

Washing your hands often will help protect you from germs.

Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.