

# DURING AN INFLUENZA PANDEMIC

Here are some things you will need to know during an influenza pandemic. Please remember, information will change during the pandemic, and it will be important to stay up-to-date, and to follow public health orders.

## PUBLIC HEALTH INSTRUCTIONS

Throughout a pandemic, you may be asked or required to do things to help hold back the spread of disease in the community. If local public health officials or your health care provider ask you to take certain actions, follow those instructions.

### Here are some examples of what you may be asked to do:

- When you are sick, stay home. Children should not go to school if they are sick. Staying home will be absolutely necessary during a pandemic to limit the spread of disease.
- Even though you may be healthy, you could be asked to stay away from gatherings of people such as sporting events, movies, and festivals. During a pandemic, these kinds of events could be cancelled because large gatherings of people help spread the flu virus.
- Isolation and Quarantine are public health actions used to contain the spread of a contagious disease. If asked, it will be important to follow Isolation and/or Quarantine instructions.

## ISOLATION

For people who are already ill. When someone is isolated they are separated from people who are healthy. Having the sick person isolated can help to slow or stop the spread of disease. People who are isolated can be cared for in their homes, in hospitals, or in other health care facilities. Isolation is usually voluntary, but the local, state, and federal governments have the power to require the isolation of sick people to protect the health of the public.

## QUARANTINE

For people who have been exposed to the disease, but are not sick. When someone is placed in quarantine, he or she is also separated from others. Even though the person is not sick at the moment, he or she was exposed to the disease and may still become infectious and then spread the disease to others.

## Rehydration Solution for Adults & Teens

- 4 cups of clean water
- 2 tablespoons of sugar
- 1/2 teaspoon of salt

Mix all the ingredients until the sugar disappears.  
You can drink the solution at room temperature.

**Please note: Do not boil the solution because that will reduce its helpfulness.**

