

# Pandemic flu.

*The possibility of a pandemic is real.*

● WHAT YOU NEED TO KNOW NOW ● WHERE TO GET MORE INFORMATION ●

## What is a pandemic?

It is a global disease outbreak. A flu pandemic occurs when a new virus emerges and people have little or no immunity, and there is no vaccine. The disease spreads easily from person to person and causes serious illness. It can sweep across the country and around the world in a very short time.

## STAY HEALTHY. STOP THE SPREAD OF GERMS.

- Get enough rest/sleep, proper nutrition, exercise regularly and get enough fluids – ADD an annual flu shot to these activities.
- Cover your mouth when you cough and sneeze. Use a tissue or use your upper sleeve. **DO NOT** use your hands. Discard the tissue and wash your hands.
- Maintain distance or avoid close contact with sick people, especially those who are coughing or sneezing.
- Stay at home if you are sick, and avoid public places or large crowds.
- Do not share personal items.
- Keep common surfaces such as door knobs, telephones and faucets clean and avoid directly touching them with your hands when possible.
- Practice **social distancing**, which involves staying at least three feet away from others. Social distancing is particularly important around people who are sick and in crowded areas.
- Wash your hands properly, especially after using the bathroom, before eating, after shaking hands or touching common surfaces:
  - Wet them with warm water.
  - Lather up both of your hands with soap.
  - Scrub your hands for at least 20 seconds, and be sure to wash your fingers, fingernails and wrists.
  - Rinse your hands thoroughly using warm water.
  - Dry your hands or let them air dry if there is no clean towel available.
  - Use an alcohol-based sanitizer if soap is not available.

## SEASONAL FLU OR A PANDEMIC?

**Seasonal flu** occurs every year, generally from October to March, and is composed of several common strains of flu viruses to which most people have some immunity. Seasonal flu typically poses a higher risk to the very young, the very old and people who are very sick.

**A flu pandemic** occurs when a new or novel strain spreads quickly and easily. People will have little or no immunity. People of every age may be at risk of illness. It is a global outbreak of the illness.

MORE  
INFORMATION

Tarrant County Public Health, 817-321-4700, <http://health.tarrantcounty.com>

Endorsed by the Tarrant County  
Medical Society and Tarrant County  
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