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Pandemic

This page will help you gather the information and resources you may need in case of a pandemic such as the flu.

Before a Pandemic

- Store a two week supply of water and food.
- Periodically check your regular prescription drugs to ensure a continuous supply in your home.
- Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- Get copies and maintain electronic versions of health records from doctors, hospitals, pharmacies and other sources and store them, for personal reference. Get **help (http://healthit.gov/bluebutton)** accessing electronic help records.
- Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to

care for them in your home.

During a Pandemic

Limit the Spread of Germs and Prevent Infection

- **Avoid close contact** with people who are sick.
- When you are sick, **keep your distance** from others to protect them from getting sick too.
- **Cover your mouth and nose** with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- **Washing your hands** often will help protect you from germs.
- **Avoid touching your 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.

Shareables

- Cover Your Cough (http://www.cdc.gov/flu/protect /covercough.htm) (link)
- Be a Germ Stopper: Healthy Habits Keep You Well (http://www.cdc.gov/germstopper/) (link)
- Flu Prevention Toolkit: Real People. Real Solutions (http://www.cdc.gov/flu/toolkit) (link)
- Stopping the Spread of Germs at Home, Work & School (http://www.cdc.gov/flu/protect/stopgerms.htm) (link)

- Flu.gov (http://www.flu.gov/) (link)
- U.S Department of Health and Human Services (http://www.hhs.gov/) (link)
- U.S Department of Health and Human Services - Blue Button (http://healthit.gov/bluebutton) (link- electronic health records tool)
- American Red Cross (http://www.redcross.org/prepare /disaster/flu) (link)
- Centers for Disease Control and Prevention - Influenza/Flu (http://www.cdc.gov/flu/pandemic-resources/) (link)
- Centers for Disease Control and Prevention - Recent Outbreaks (https://emergency.cdc.gov/recentincidents /index.asp) (link)
- Centers for Disease Control and Prevention - Chikungunya Virus Information (http://www.cdc.gov /chikungunya/) (link)

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Freedom of

Partner sites

Office of the Inspector
General
(https://www.oig.dhs.gov/)

Whitehouse.gov
(https://www.whitehouse.gov/)

DHS.gov
(https://www.dhs.gov/)

Share: (https://www.facebook.com/sharer /sharer.php?u=https://www.ready.gov/pandemic)

 (https://twitter.com /home?status=Pandemic+https://www.ready.gov /pandemic+via+%40fema) (https://www.linkedin.com /shareArticle?mini=true&url=https: //www.ready.gov/pandemic&title=Pandemic& summary=&source=)

 (https://plus.google.com/share?url=https:

Official website of the Department of Homeland

Information Act
(/freedom-
information-act)

Download Plugins
(/download-plug-ins)

Privacy Policy
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FEMA.gov
(https://www.fema.gov/)

USA.gov
(https://www.usa.gov/)

//www.ready.gov/pandemicSecurity
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description=)