

Maintaining Your Health during the Pandemic Influenza

Personal Health

- Eat nutritious meals, drink plenty of water (at least 8 glasses/day), exercise regularly, get adequate rest (at least 7 – 8 hours sleep)
- Wash your hands frequently with warm water and soap
- Cover your nose and mouth when coughing or sneezing
- Minimize visitors to your home
- Check up on friends and family who live alone
- Watch for regular influenza updates from your Public Health Department
- Get the influenza vaccine when made available
- Persons at high risk for contacting influenza & its complications, and their caregivers should receive an annual influenza vaccine.

Washing your hands is the single most important way to prevent the spread of the influenza.

Avoid crowds

- Stock up on basic household items
- Shop at smaller stores with less crowds
- Shop at off peak hours; check which stores are open to late hours.
- If possible, phone ahead your grocery order for quick pick up.
- Order groceries over the phone/on- line for delivery.
- Arrange to pay bills at ATMs, on- line or over the phone.
- Cancel or postpone family gatherings or trips.

If you are unable to avoid crowds, minimize the amount of time you spend around people.

Stay healthy at work

- Work from home or if possible, arrange to work flex hours.
- Wash your hands frequently with warm water and soap
- Use waterless alcohol based sanitizing hand gel if soap & water are not available.
- Use a disinfectant to clean potentially contaminated surfaces or objects, such as door knobs, telephones, computer keyboards.
- Keep your office door closed
- Use stairs instead of crowded elevators
- Cancel non-essential meetings: use video or teleconferencing/emails/fax for communication.

**** If you feel unwell, stay home, rest, drink plenty of fluids, treat early symptoms from home. ****