

## Further information

can be  
found at:



### Federal Government Sites

<http://www.pandemicflu.gov/>  
<http://www.cdc.gov/>  
CDC Hotline 1-800-CDC-INFO

US Department of Homeland Security

[www.ready.gov](http://www.ready.gov)  
1-800-BE-READY

### State Government Sites

[www.health.state.pa.us](http://www.health.state.pa.us)  
[www.pandemicflu.state.pa.us](http://www.pandemicflu.state.pa.us)  
1-877-PAHEALTH

### Local Government Sites

Comcast Cable Channel 22/27  
<http://www.upperdublin.net>

STAY INFORMED  
BEING UP-TO-DATE IS JUST AS  
IMPORTANT AS BEING PREPARED

If you have questions please contact:

The Upper Dublin Township  
Emergency Management Team  
(215) 643-1600

8/06

# Pandemic Flu



# Information

Upper Dublin Township  
Emergency Management Team  
801 Loch Alsh Road  
Fort Washington, PA 19034  
(215) 643-1600  
[www.upperdublin.net](http://www.upperdublin.net)

## BEING PREPARED IS THE BEST RESPONSE TO THE THREAT OF PANDEMIC INFLUENZA

Addressing the challenge of preparing for and responding to an influenza pandemic will require active participation by individual citizens. The task of the Upper Dublin Township Emergency Management Team is to make sure every individual and family is prepared if and when the Avian Flu or any virus evolves in a way that it spreads to humans and then quickly and easily spreads between humans—the beginning of a pandemic. The following suggestions are meant to minimize the effects of a flu pandemic as well as any natural or man-made disaster, on you and your family. Being prepared can help give you confidence and peace of mind.

BE PREPARED—NOT SCARED

### YOU CAN REDUCE, BUT NOT ELIMINATE, THE RISK OF CONTRACTING OR SPREADING FLU GERMS BY:

- Avoiding non-essential travel
- Avoid contact with large crowds (movies, sports events etc.)
- Clean hard surfaces such as counters, door handles, toys, phones, etc. frequently with a household cleaner or bleach solution (1/4 C bleach / gallon water)
- Maintain good basic hygiene. WASH YOUR HANDS often with soap and warm water for 20 seconds. If soap and water are not available, use alcohol-based hand sanitizers.
- Use a tissue when coughing or sneezing. Use your upper sleeve if you have no tissue, not your hand.
  - Dispose of dirty tissues carefully and promptly and wash your hands
  - Stay away from others if you're coughing or sneezing or if they are.
- Stay at home if you are sick
- Don't share eating or drinking utensils
- Get any available flu shots

### IT IS ALWAYS A GOOD IDEA TO PRACTICE GOOD HEALTH HABITS DURING A FLU OUTBREAK

- Eat a balanced diet.
  - Be sure to eat a variety of foods, including plenty of vegetables, fruits, and whole grain products. Also, include low-fat dairy products, lean meats, poultry, fish, and beans. Drink plenty of fluids and consume less salt, sugar, alcohol, and saturated fat.
- Exercise on a regular basis and get plenty of rest.

## OTHER STEPS

- Report sick poultry to USDA (1-866-536-7539)
  - Report groups of dead wild birds to the PA Game Commission (610-926-3136)
  - Thoroughly cook meat, poultry and eggs
  - CREATE AN EMERGENCY KIT
    - Have a 2 week supply of these items in your home
    - Ready-to-eat** -canned meats, fish, fruits, vegetables, beans, soups, protein or fruit bars, dry cereal or granola, dried fruit, crackers, peanut butter and other nonperishable foods ( will keep for a long time and don't require refrigeration). They should be easy to prepare in case you are unable to cook and should require little or no water, so you can conserve water for drinking.
    - Liquids** -bottled water, canned juices, fluids with electrolytes. Have at least one gallon of water / person / day with extra for pets.
    - Medicines** –prescribed medicines, acetaminophen or ibuprofen, vitamins and other non-prescription items.
    - Other Supplies** –flashlights, pet food, batteries, tissues, portable radio, manual can opener, garbage bags, toilet paper, soap, alcohol-based hand sanitizer, disposable diapers (if needed) , thermometer etc.
- BE PREPARED—NOT SCARED

It is important to think about health issues that could arise if a Flu pandemic occurs, and how you and your loved ones would be affected. Create a family emergency health plan for each family member using this information. Like much of the planning for a pandemic, this can also help prepare for other emergencies.

### Family Member Information

- Family Member \_\_\_\_\_
- Blood Type \_\_\_\_\_
- Allergies \_\_\_\_\_
- Past/ Current/Medical Conditions \_\_\_\_\_
- Current Medications/ Dosage \_\_\_\_\_
- Emergency Contacts
  - HOSPITAL** \_\_\_\_\_
  - FAMILY PHYSICIAN** \_\_\_\_\_
  - PHARMACY** \_\_\_\_\_
  - VETERINARIAN** \_\_\_\_\_