



Developing good health habits are an important way to help prevent the spread of the Flu!

Get your flu shot

The single best way to prevent the flu is to get vaccinated each fall.

Cover your mouth and nose

Cover your mouth and nose with kleenex when coughing or sneezing. It may prevent those around you from getting sick.

Clean your hands

Washing your hands often with soap and water will help protect you from germs. Keep alcohol-based hand sanitizers in your purse, car and backpack for times when soap and water is not available.

Avoid touching your eyes, nose and mouth

Germs are often spread when a person touches something that is contaminated therefore, avoid touching your eyes, nose and mouth.

Avoid close contact with people who are already sick

Avoid close contact with people who are sick. When you get sick, keep your distance from others to protect them from getting sick too.

If you get sick, stay home

When you get sick, stay home from work and school, if possible. You will help prevent others from catching your illness.

Maintain a healthy lifestyle

Exercise regularly, get enough sleep and eat healthy, balanced meals.

If you feel sick, call your doctor

If you start feeling sick, call your doctor. Early treatment may help you get better soon.

Public health is responsible for protecting the health of the entire community. DCHHS Public Health and Preparedness division works to 1) prevent epidemics and the spread of disease; 2) protect against environmental hazards; 3) prevent injuries; 4) promote and encourage healthy behaviors and mental health; 5) respond to disasters and assist communities in recovery; and 6) assure the quality and accessibility of health services. For more information visit www.dallascounty.org.

Dallas County Health and Human Service Personal Preparedness Guide



Be Ready...Be Prepared

Recent discussions and media reports about Avian influenza (bird flu) have increased public interest and concern about what would happen should a pandemic influenza hit Dallas County. Dallas County Health and Human Services (DCHHS) continues to prepare for public health emergencies such as a pandemic flu and offers several suggestions to citizens on what they can do, how to prepare for pandemic influenza and other public health emergencies.

So what can the public do now to make sure they are ready? First, DCHHS encourages everyone to follow good health habits to prevent the spread of the flu and other diseases and to teach these habits to their children. The following are simple, yet effective methods, that we need to make routine: avoid close contact with people who are sick; **stay home or avoid close contact with others when you are sick**; cover your mouth and nose or cough into bend of your arm; wash your hands with soap and water or alcohol-based hand sanitizer; and avoid touching your eyes, nose or mouth.

Second, DCHHS urges everyone to take personal responsibility by developing a preparedness plan for their homes and workplace. In some emergencies, such as pandemic influenza, the public may be asked to shelter-at-home. To shelter-at-home, there are a few basic items each household needs to stock: water, food, first aid supplies, clothing, bedding, tools, emergency supplies, and special items. DCHHS recommends that you have a two week supply of each item for every person in your home (see list on next page).

Dallas County Health and Human Services

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Things You Need to Shelter-at-Home



Water

- 2½ gallons of water per person per day

Food

- Purchase food that require no refrigeration and little preparation, such as:
 - Ready-to-eat canned food
 - Canned juices, milk, soup (if powdered, store extra water)
 - Snacks: cookies, cereals, etc.
 - Soft drinks, instant coffee, tea
 - Lots of ice (you can freeze your water supply)

For Baby

- Formula, bottles, powdered milk, jarred baby foods
- Diapers, baby wipes and special medications

Pets

- Newspapers or cat litter
- Moist canned foods (to preserve water)

Personal Items

- Toilet paper, towels, soap, shampoo, hand sanitizer (bottle for each family member)
- Personal and feminine hygiene products
- Disposable wipes
- Denture needs, contact lenses and an extra pair of eyeglasses
- Medical Masks
- A manual can opener
- Wind-up or battery-operated clock
- Battery-operated radio
- Cleaning supplies such as chlorine bleach
- Aluminum foil, paper napkins, plates and plastic cups
- Pillows and blankets or sleeping bags
- A corded telephone

Medicine

- Rubbing alcohol
- Aspirin, non-aspirin pain reliever, antacid
- Extra prescription medication (especially for heart problems and diabetes)
- Prescribed medical supplies such as glucose and blood-pressure monitoring equipment
- First aid kit. Inspect your kit regularly and keep it freshly stocked. Items to include:



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| • Band-aids | • Bar soap | • Hydrogen peroxide to wash and disinfect wounds |
| • Clean sheets torn into strips | • Tissues | • Antibiotic ointment |
| • Elastic bandages | • Sunscreen | • Individually wrapped alcohol swabs |
| • Rolled gauze | • Paper cups | • Aspirin and non-aspirin tablets |
| • Cotton-tipped swabs | • Plastic bags | • Prescriptions and any long-term medications (keep these current) |
| • Adhesive tape roll | • Safety pins | • Diarrhea medicine |
| • First aid book | • Needle and thread | • Eye drops |
| • Writing materials | • Instant cold packs for sprains | |
| • Scissors | • Sanitary napkins | |
| • Tweezers | • Pocket knife | |
| • Thermometer | • Splinting material | |

Things You Need for Emergency Evacuation

In Case of Emergency Evacuation, DCHHS recommends that each household have a **Go Kit** ready. Store your kit in a convenient place known to all family members. The **Go Kit** should be an easy-to-carry, waterproof and fireproof container that includes items that you would need during an evacuation or emergency. Suggested items to include:



- Copies of important family records (birth, marriage, and death certificates, social security cards, immunization records, school records, divorce papers and custody agreements) and important documents (wills, insurance policies, contracts, deeds, stocks, bonds, and passports);
- A list of all credit cards, bank account numbers, retirement accounts and college saving plans, along with the bank's or credit union's name and toll-free phone numbers;
- An inventory of valuable household goods with pictures of the items;
- Telephone numbers of family members and friends (include out-of-town contacts);
- Family pictures wrapped in protective plastic;
- Important telephone numbers for medical centers, doctors, pharmacists, electric, gas, water and telephone companies;
- Names, addresses, and telephone numbers of your insurance agents, including policy types and numbers;
- Names and telephone numbers of neighbors;
- Name and telephone number of your landlord, property manager or mortgage lender;
- Important medical information for each person, including babies and children (for example, allergies, regular medications, and brief medical history); and
- Year, model, license, and vehicle identification numbers of your vehicles (automobiles, boats, motorcycles and RVs).

Other items to have for an emergency situation such as evacuation:

- Battery-operated radio, flashlights, extra batteries, candles, matches or lighter;
- A supply of bottled water, ready-to-eat canned food, canned juices, first aid supplies, clothing, bedding, tools, emergency supplies, and special items, such as hand-operated can opener, formula, diapers and baby wipes;
- Don't forget prescriptions and over-the-counter drugs;
- Portable, battery-operated radio and a list of radio and television broadcast stations for emergency broadcast information; and
- Medical masks, personal and feminine hygiene products and disposable wipes.

In case you have to evacuate, plan ahead and know where you're going in advance and share this information with family and friends. Identify a mutual meeting place for family members to go in the event someone becomes lost or separated. Remember to clearly communicate your plans and to leave early to ensure the family can travel together in an organized manner. If you have small children who do not have a photo ID, consider using a waterproof marker to write the child's name, parent's address, phone number (consider cell number) and the phone number of next of kin not in the area on the child's feet or back. Also, include if the child has a medical condition or needs medication. Should you become separated, this will assist with reconnecting the family.

