Remain Calm and practice Respiratory Etiquette

During a pandemic, resources will be taxed. There may not be a vaccine available and anti-flu medications will likely be in short supply. Therefore, the best line of defense for you and your family is to practice “respiratory etiquette” in order to avoid contracting the flu:

- Wash your hands often. Use soap and water or an alcohol-based hand cleaner.
- Cough or sneeze into a tissue or into the sleeve of your upper arm to avoid spreading germs.
- Try to avoid close contact with people who are ill.
- Do not share eating and beverage utensils.
- Stay home if you are ill.
- Try to avoid crowded meeting areas.
- If possible maintain at least three feet between you and others.
- Limit or avoid shaking hands.

Take care of . . . .
Yourself
Your family
Your community

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PRIOR PLANNING MAKES SENSE

The likelihood that you and your family will survive a house fire depends as much on having a working smoke detector and an exit strategy, as on a well-trained fire department. The same is true for surviving an influenza pandemic. We must have the tools and plans in place to make it on our own, at least for a period of time, no matter where we are when disaster strikes. Just like having a working smoke detector, preparing for the unexpected makes sense.

Get and Stay Informed about Swine Flu

Health and emergency officials say it is not a matter of if, but when a pandemic flu will occur. Recently, a highly pathogenic H1N1 strain of swine flu has many scientists concerned. Human cases have been confirmed in Mexico and in the United States. Now is the time to prepare and protect your family.

The steps outlined in this brochure will help you prepare. You can also go to the Center for Disease Control’s website: www.cdc.gov/swineflu and the Collier County Health Department’s preparedness website: www.CollierPrepares.org. It is important to get informed and stay informed!

Make a Panedmic Supply Kit

Consider expanding your hurricane food supply kit for two weeks. This is important because researchers estimate that between 30-50% of the workforce will be out sick or tending to sick family at any given time during a pandemic flu. This means you may not be able to buy adequate food supplies at various times during a pandemic.

Begin building your Pandemic Supply kit with your favorite foods now.

Make a Flu Supply Kit

In case you or a loved one comes down with the flu, you should create a flu supply kit. The items listed below are foods and beverages that are most likely to be tolerated during a bout with the flu. The kit is meant to last fourteen days, the length of time a flu usually lasts.

- 4 boxes of soft tissues
- 14 cans or boxes of soup (think of a soup that may taste good to you when you are ill, chicken noodle?)
- 14 cans of gingerale or 7-UP
- 14 bottles of a sports drink of your choice
- 4 large (64 oz) juice bottles of choice
- Plenty of water (bottled or from the tap)
- 2 boxes of saltines
- 14 servings of jello (boxed or pre-made)
- 14 servings of pudding (boxed or pre-made)
- 2 packages of popsicles (100% juice)
- thermometer for taking your temperature

Note that when someone has the flu, they usually do not have an appetite. The foods listed above are meant to keep a person hydrated. Staying hydrated will increase the likelihood that one will recover from the flu as quickly as possible.

Do not wait until you have the flu to build this kit. Going grocery shopping will be the last errand you will feel like doing if you are ill. Protect yourself and others by building your Flu Supply Kit now.