

Pandemic Flu: What it is and How to Prepare

When many people get a disease at the same time, it is called a pandemic. Pandemic flu is caused when people get sick or infected from a **new** flu virus that had not been harmful to people before. This type of flu spreads easily from person to person and can cause many people to become very ill or die. Pandemic flu may come and go in waves that can last for months at a time. Over the last 100 years, there have been three pandemic flu outbreaks. It is not known when the next pandemic flu will occur or how severe it will be.

Signs of Flu

The signs of seasonal flu are fever, cough, runny nose and muscle pain. The signs of pandemic flu are the same, but they may be more severe and affect more people. With pandemic flu, healthy adults may be at increased risk for problems.

What Is Avian Flu?

Avian flu, also called bird flu, is a disease found in wild and farm birds. There is a concern that the bird flu will become the next pandemic flu. Bird flu viruses do not often infect humans. There have been some rare cases of human infection from direct contact with infected birds. It is safe to eat well-cooked poultry such as chicken, turkey, duck and other game birds because cooking destroys germs, including bird flu viruses.

Experts are watching for changes in the bird flu virus that would cause it to infect people and be passed from person to person. This could lead to a pandemic.

流行感冒： 什么是流行感冒及该如何准备

当很多人同时得一种病时，这称为流行病。人由一种以前对人无害的**新**感冒病毒而致病或受感染，这引起流行感冒。这一类感冒容易以人际方式散布并引起许多人生重病或死亡。一次流行感冒可能会一阵阵地反反复复持续长达几个月。过去 100 多年来，已经有过三次流行感冒爆发。人们不知道下一次流行感冒会在何时发生或有多严重。

流行感冒症状

季节性感冒的症状是发烧、咳嗽、流鼻涕和肌肉疼痛。流行感冒的症状是相同的，但症状可能会更严重并影响更多的人。由于流行感冒，健康成人得病的风险可能会更大。

禽流感是什么？

禽流感也称鸟流感，是在野外和农场禽类中发现的疾病。人们忧虑禽流感将成为下一场流行感冒。禽流感病毒常常不影响人类。但已有人由于直接接触病禽而受感染的少数几个案例。吃烹饪熟的家禽，如鸡肉、火鸡、鸭和其他猎获鸟禽是安全的，因为烹饪消灭细菌，包括禽流感病毒。

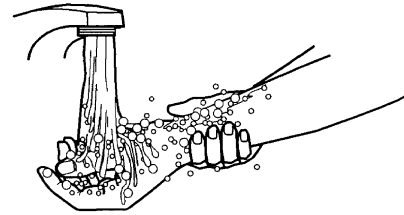
对于禽流感病毒的变种，如会引起传染人类和可通过人对人传染的变种，专家正予以留意。此变种可能会引起流行病。

Controlling the Spread of the Flu

It may take six months or longer to make a vaccine for pandemic flu. The supply of vaccine will be small in the early stages of a pandemic. We do not know if the medicines used to treat and prevent seasonal flu will help.

To help prevent spreading the flu, be sure to:

- **Wash your hands often** with soap and water. Use alcohol-based hand sanitizer when soap and water are not available.
- **Avoid touching your eyes, nose, and mouth.** The flu often spreads this way.
- **Cover your mouth and nose with a tissue when you cough or sneeze.** Throw the tissue away and wash your hands. If you do not have a tissue, cough or sneeze into your shoulder or arm.
- **Clean surfaces** such as countertops, sinks, faucets, doorknobs, telephones and light switches with a disinfectant cleaner or a cleaner with bleach. You can also mix your own water and bleach solution. Mix ten parts water with one part bleach.
- **Limit your contact with those who are ill.**
- **Avoid shaking hands** if you are ill and with others who are ill.
- **Stay away from others when you are sick.** Stay home from work, school or running errands if you can.
- **Get a full night's rest, eat a healthy diet and drink at least eight glasses of liquids each day.**

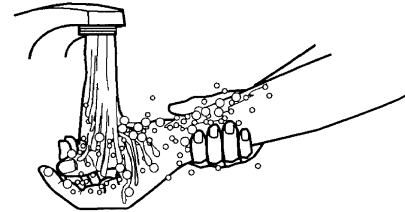


控制感冒的扩散

制造流行感冒的疫苗可能要花六个月或更长时间。在一种流行病的早期只能提供少量疫苗。我们不知道用于治疗 and 预防季节性感冒的药物是否会有帮助。

为有助于防止感冒扩散，请务必：

- **常用肥皂和水洗手。**在没有肥皂和水的时候，请使用酒精洗手剂。
- **避免触碰你的眼、鼻和嘴。**感冒经常就是这样扩散的。
- **当你咳嗽或打喷嚏时，请用纸巾掩住口鼻。**丢掉纸巾并洗手。如果你没有纸巾，请低头向内或以手臂掩住咳嗽或喷嚏。
- **请用消毒清洁剂或含漂白剂的清洁剂清洁表面，**如台面、水池、水龙头、门把、电话和灯的开关。你也可自己用水和漂白剂进行混合。混合十份水和一份漂白剂。
- **限制你自己和那些病人的接触。**
- **你有病时请避免握手，也避免和其他病人握手。**
- **当你生病时，请避开其他人。**如果可能，请呆在家里不要上班、上学或外出做杂事。
- **休息一整夜，吃一顿健康餐，每天至少饮八杯液体。**



If many people are ill with pandemic flu:

- Hospitals and doctors' offices will be very busy.
- You may need to stay home to care for ill family or children.
- Schools and child care centers may close.
- Stores may be in short supply of food, water, medicines and medical supplies.
- Basic services and many businesses such as banks, post offices, restaurants and stores may close or have fewer workers.
- Buses may be stopped and gasoline may be limited.
- People may be told not to attend group functions such as volunteer meetings, clubs, sports, music events and church services.

Plan Ahead

Plan ahead to help protect you and your family and limit the effects of pandemic flu.

Use these three steps to prepare:

1. **Make a plan** for you and your family at home. Plan for how a pandemic might affect your work.
2. **Prepare an emergency kit** of supplies.
3. **Listen for information** about what to do and where to go during a flu outbreak.

Step 1. Make a Plan

Make a plan for you and your family at home. Plan for how a pandemic might affect your work.

如果很多人得了流行感冒：

- 医院和医生诊所会很忙。
- 你可能要留在家中照顾生病的家人或孩子。
- 学校和托儿所可能会关闭。
- 商店对食物、水、药和医疗用品的供应可能会短缺。
- 基本服务业和许多商务可能会关闭，如银行、邮局、餐厅和商店，或只有较少工作人员。
- 公共汽车可能停业，可能会限制汽油的使用。
- 人们可能会被告知不要出席一些团体活动，如义工会议、俱乐部、运动、音乐会和教堂服务。

提前计划

提前计划以有助于保护你和你的家人并限制流行感冒的影响。

用此三步骤作准备：

1. 请为你和你的家人**制定一个在家的计划**。请就流行病可能会如何影响你的工作而计划。
2. **准备一个急救用品包**。
3. **请收听感冒爆发期间该做什么和该去哪里的信息**。

第 1 步. 制定一个计划

请为你和你的家人制定一个在家的计划。请就流行病可能会如何影响你的工作而计划。

Your Plan for Home

Talk to your family about this plan so they know what to do. Have a backup plan in case someone gets sick and cannot care for your family. Your plan should include:

- An emergency phone and e-mail contact list. Share it with family members, work, schools and child care centers.
- Someone to care for your children at home in case you cannot be there or you become ill.
- A local and an out of town emergency contact.
- Health information for each member of the family including the date of birth, blood type, allergies, past and current medical problems, current medicines and dosages, medical equipment and copies of medical insurance cards.
- Doctors' names and phone numbers.
- Locations of hospitals near work, school and home and their phone numbers.
- Locations of local and state health departments and their phone numbers.
- Pharmacy name and phone number.
- Religious or spiritual information.
- Someone to care for your pets in case you cannot be there or you become ill. Keep your pets up to date on vaccines and have a copy of your pets' vaccine records in case they need to go to a shelter.
- Pets' veterinarian name and phone number.

Your Plan for Work

If you work:

- Discuss work policies with your boss. Ask:
 - How the business will continue during a pandemic.
 - If you can take time off to care for yourself or a family member.
 - What will happen if you stay home with ill family.
 - If you can work from home or if you are expected to come to work.
- Understand you may be asked to stay home from work or come in and do other tasks.
- Plan for less or no income if you are unable to work or the company closes.

你在家的计划

请对你的家人说一说这个计划，以便他们知道该做什么，请定一个后备计划，以防万一有人生病不能够照顾你的家人。你的计划应该包括：

- 一个急救电话和电邮联络单。请给家人、工作地、学校和托儿所各一份。
- 某个当你万一不能在场或你生病时可在家照顾你孩子的人。
- 一个当地和外地的紧急事件联络人。
- 每位家人的健康信息，包括生日、血型、过敏反应、过去和现在的病况、目前用药和剂量、医用器具以及医疗保险卡的影印件。
- 医生名字和电话号码。
- 靠近工作地、学校和住家的医院地点和其电话号码。
- 当地和州卫生部门的地点和电话号码。
- 药店名和电话号码。
- 宗教或信仰方面的信息。
- 某个当你万一不能在场或你生病时可照顾你宠物的人。及时给你宠物打疫苗，准备一份宠物疫苗记录的影印件，以防万一宠物需要去一个看护所。
- 兽医名字和电话号码。

你对工作的计划

如果你工作：

- 和你的老板讨论工作政策。请询问：
 - 企业在流行病期间将如何持续。
 - 你是否能请假照顾你自己或一位家人。
 - 如果你和有病的家人呆在家中将会发生什么情况。
 - 你是否能在家工作或你被指望来上班。
- 请了解你可能会被要求留在家中或来上班做其他工作。
- 请计划如果你不能工作或公司关闭而导致你的收入减少或无收入的情形。

If you own a business:

- Make an emergency plan and talk to your employees about it. Test and revise your plan as needed.
- Decide which employees and supplies are needed to maintain the business.
- Provide infection control supplies such as hand sanitizer, tissues and waste cans for soiled items.
- Look at how pandemic flu could impact the business' finances, shipping and travel.
- Define your policies on employees working from home, caring for ill family or paying for employee illness.

Step 2. Prepare an Emergency Kit

Have a **2 week supply** of these items for **each person and pet**.

Food and Other Items

- Water in clean, sealed plastic containers – store 1 gallon for each person for each day
- Ready to eat canned meats, fruits and vegetables
- Manual can opener
- Protein or fruit bars
- Dry cereal, granola, nuts and crackers
- Peanut butter
- Dried foods such as dried fruit and dehydrated meals
- Canned juices
- Powdered milk or cans of evaporated milk
- Cans or jars of baby food and baby formula
- Pet food

如果你拥有一个商业生意：

- 请制定一个紧急事件计划并和你的员工谈一谈。如需要，请测试并修订你的计划。
- 请定好哪些员工和供材是维持商业运作所需要的。
- 请提供感染控制物品，如手清洁剂、纸巾和装污物的垃圾桶。
- 看一看流行感冒可能会如何影响企业的财务、装运和旅游。
- 就员工在家工作、照顾患病家人或支付雇员病假各项定义你的政策。

第 2 步. 准备一个急救包

请为每人和每个宠物准备以下各项两周的供给。

食物和其他项

- 水装在干净、密封塑料容器中 – 为每人每天储存 1 加仑水
- 打开即食的罐头肉类、水果和蔬菜
- 手动开罐器
- 蛋白质或水果条棒
- 干麦片、格兰诺拉麦片、坚果和饼干
- 花生酱
- 干食物，如干果和脱水餐
- 罐装果汁
- 奶粉或罐装炼乳
- 罐装或瓶装婴儿食品和婴儿配方奶
- 宠物食品

Medical, Health and Emergency Items

- Prescribed health supplies
- Prescription medicines
- Over the counter medicines to treat fever, pain, stomach problems, coughs, colds and diarrhea
- Fluids with electrolytes and vitamins such as sports drinks like Gatorade and Powerade
- Health information for each member of the family stored in a water proof container
- Soap and alcohol-based hand sanitizer
- Tissues and toilet paper
- Sleeping bags or blankets
- Flashlight and extra batteries
- Battery powered radio and extra batteries
- Matches in a waterproof container
- Baby supplies such as diapers and bottles
- Digital thermometer
- Trash bags
- Cleaning supplies
- An extra credit card and money

Step 3. Listen for Information

Stay calm and get as many facts as you can.

- Listen for reports on the television, radio or Internet.
- Go to www.pandemicflu.gov or www.ohiopandemicflu.gov for current information. This may only be available in English.

医药、健康和急救品

- 处方健康用品
- 处方药物
- 治疗发烧、疼痛、胃病、咳嗽、伤风感冒和腹泻的柜台即买药
- 含电解质和维生素的液体，如运动饮料 Gatorade 和 Powerade
- 每个家庭成员的健康信息储放在防水容器中
- 肥皂和酒精洗手剂
- 纸巾和厕所用纸
- 睡袋或毯子
- 手电筒和备用电池
- 用电池作电源的收音机和备用电池
- 装在防水容器中的火柴
- 婴儿用品，如尿布和奶瓶
- 数字温度计
- 垃圾袋
- 清洁用品
- 一张备用信用卡和钱

第 3 步. 请收听信息

请保持平静并尽量获取最多的事实。

- 请收听电视、广播电台或互联网的报道。
- 请访问 www.pandemicflu.gov 或 www.ohiopandemicflu.gov 以得到最新信息。网站可能只有英文。

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Pandemic Flu. Simplified Chinese.