

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： 什麼是流行感冒及該如何準備

當很多人同時得一種病時，這稱為流行病。人由一種以前對人無害的**新**感冒病毒而致病或受感染，這引起流行感冒。這一類感冒容易以人際方式散佈並引起許多人生重病或死亡。一次流行感冒可能會一陣陣地反反復復持續長達幾個月。過去 100 多年來，已經有過三次流行感冒爆發。人們不知道下一次流行感冒會在何時發生或有多嚴重。

流行感冒症狀

季節性感冒的症狀是發燒、咳嗽、流鼻涕和肌肉疼痛。流行感冒的症狀是相同的，但症狀可能會更嚴重並影響更多的人。由於流行感冒，健康成人得病的風險可能會更大。

禽流感是什麼？

禽流感也稱鳥流感，是在野外和農場禽類中發現的疾病。人們憂慮禽流感將成為下一場流行感冒。禽流感病毒常常不影響人類，但已有人由於直接接觸病禽而受感染的少數幾個案例。吃烹飪熟的家禽，如雞肉、火雞、鴨和其他獵獲鳥禽是安全的，因為烹飪消滅細菌，包括禽流感病毒。

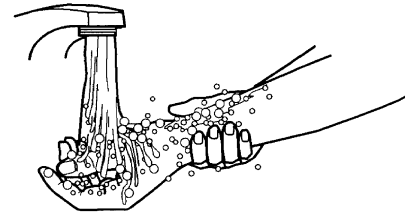
對於禽流感病毒的變種，如會引起傳染人類和可通過人對人傳染的變種，專家正予以留意。此變種可能會引起流行病。

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.**



控制感冒的擴散

製造流行感冒的疫苗可能要花六個月或更長時間。在一種流行病的早期只能提供少量疫苗。我們不知道用於治療和預防季節性感冒的藥物是否會有幫助。

為有助於防止感冒擴散，請務必：

- **常用肥皂和水洗手**。在沒有肥皂和水的時候，請使用酒精洗手劑。
- **避免觸碰你的眼、鼻和嘴**。感冒經常就是這樣擴散的。
- **當你咳嗽或打噴嚏時，請用紙巾掩住口鼻**。丟掉紙巾並洗手。如果你沒有紙巾，請低頭向內或以手臂掩住咳嗽或噴嚏。
- 請用消毒清潔劑或含漂白劑的清潔劑**清潔表面**，如檯面、水池、水喉、門把、電話和燈的開關。你也可自己用水和漂白劑進行混合。混合十份水和一份漂白劑。
- **限制你自己和那些病人的接觸**。
- 你有病時請**避免握手**，也避免和其他病人握手。
- 當你生病時，請避開其他人。如果可能，請呆在家裡不要上班、上學或外出做雜事。
- 休息一整夜，吃一頓健康餐，每天至少飲八杯液體。



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：

- 醫院和醫生診所會很忙。
- 你可能要留在家中照顧生病的家人或孩子。
- 學校和托兒所可能會關閉。
- 商店對食物、水、藥和醫療用品的供應可能會短缺。
- 基本服務業和許多商務可能會關閉，如銀行、郵局、餐廳和商店，或只有較少工作人員。
- 公車可能停業，可能會限制汽油的使用。
- 人們可能會被告知不要出席一些團體活動，如義工會議、俱樂部、運動、音樂會和教堂服務。

提前計劃

提前計劃以有助於保護你和你的家人並限制流行感冒的影響。

用此三步驟作準備：

1. 請為你和你家人**制定一個在家的計劃**。請就流行病可能會如何影響你的工作而計劃。
2. **準備一個急救用品包**。
3. **請收聽感冒爆發期間該做什麼和該去哪裡**的資訊。

第 1 步. 制定一個計劃

請為你和你家人制定一個在家的計劃。請就流行病可能會如何影響你的工作而計劃。

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.

你在家的計劃

請對你的家人說一說這個計劃，以便他們知道該做什麼，請定一個後備計劃，以防萬一有人生病不能夠照顧你的家人。你的計劃應該包括：

- 一個急救電話和電郵聯絡單。請給家人、工作地、學校和托兒所各一份。
- 某個當你萬一不能在場或你生病時可在家照顧你孩子的人。
- 一個當地和外地的緊急事件聯絡人。
- 每位家人的健康資訊的副本，包括生日、血型、過敏反應、過去和現在的病況、目前用藥和劑量、醫用器具以及醫療保險卡。
- 醫生名字和電話號碼。
- 靠近工作地、學校和住家的醫院地點和其電話號碼。
- 當地和州衛生部門的地點和電話號碼。
- 藥店名和電話號碼。
- 宗教或信仰方面的資訊。
- 某個當你萬一不能在場或你生病時可照顧你寵物的人。及時給你寵物打疫苗，準備一份寵物疫苗記錄的副本，以防萬一寵物需要去一個看護所。
- 獸醫名字和電話號碼。

你對工作的計劃

如果你工作：

- 和你的老闆討論工作政策。請詢問：
 - 企業在流行病期間將如何持續。
 - 你是否能請假照顧你自己或一位家人。
 - 如果你和有病的家人呆在家中將會發生什麼情況。
 - 你是否能在家工作或被指望來上班。
- 請了解你可能會被要求留在家中或來上班做其他工作。
- 請計劃如果你不能工作或公司關閉而導致你的收入減少或無收入的情形。

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

如果你擁有一個商業生意：

- 請制定一個緊急事件計劃並和你的員工談一談。如需要，請測試並修訂你的計劃。
- 請定好哪些員工和供材是維持商業運作所需要的。
- 請提供感染控制物品，如手清潔劑、紙巾和裝污物的垃圾桶。
- 看一看流行感冒可能會如何影響企業的財務、裝運和旅遊。
- 就員工在家工作、照顧患病家人或支付僱員病假各項而定義你的政策。

第 2 步. 準備一個急救包

請為每人和每個寵物準備以下各項兩周的供給。

食物和其他項

- 水裝在乾淨、密封塑膠容器中 – 為每人每天儲存 1 加侖水
- 打開即食的罐頭肉類、水果和蔬菜
- 手動開罐器
- 蛋白質或水果條棒
- 乾麥片、格蘭諾拉麥片、堅果和餅乾
- 花生醬
- 乾食物，如乾果和脫水餐
- 罐裝果汁
- 奶粉或罐裝煉乳
- 罐裝或瓶裝嬰兒食品 and 嬰兒配方奶
- 寵物食品

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.

醫藥、健康和急救品

- 處方健康用品
- 處方藥物
- 治療發燒、疼痛、胃病、咳嗽、傷風感冒和腹瀉的櫃檯即買藥
- 含電解質和維生素的液體，如運動飲料 Gatorade 和 Powerade
- 每個家庭成員的健康資訊儲放在防水容器中
- 肥皂和酒精洗手劑
- 紙巾和廁所用紙
- 睡袋或毯子
- 手電筒和備用電池
- 用電池作電源的收音機和備用電池
- 裝在防水容器中的火柴
- 嬰兒用品，如尿布和奶瓶
- 數字溫度計
- 垃圾袋
- 清潔用品
- 一張備用信用卡和錢

第 3 步. 請收聽資訊

請保持平靜並儘量獲取最多的事實。

- 請收聽電視、廣播電臺或網際網路的報導。
- 請訪問 www.pandemicflu.gov 或 www.ohiopandemicflu.gov 以得到最新資訊。網站可能只有英文。

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Pandemic Flu. Traditional Chinese.