

行感冒: 什麼是行感冒及該如何準備

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. This type of flu spreads easily from person to person and can cause many people to become very ill or die.

Signs of Flu

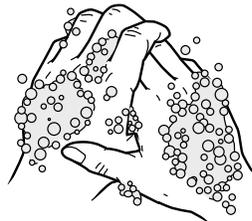
The signs of seasonal flu are fever, cough, sore throat, runny or stuffy nose, muscle aches, headache, chills and fatigue. Some people have vomiting and diarrhea. The signs of pandemic flu are the same, but they may be more severe and affect more people. With pandemic flu, healthy adults may be at increased risk for problems.

Controlling the Spread of the Flu

Health experts will test the new flu virus to see if medicines used to treat and prevent seasonal flu are effective. It may take six months or longer to make a vaccine for a new flu virus. The supply of vaccine will be small at first.

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.



當很多人同時得一種病時,這稱為行病。許多人由一種新感冒病毒而致病或受感染,就會引起行感冒。這一感冒容易以人際方式散佈並引起許多人生重病或死亡。

行感冒症狀

季節性感冒的症狀是發燒、咳嗽、喉嚨痛、鼻涕或鼻、肌肉疼痛、頭痛、發寒和疲倦。有些人還會嘔吐和腹瀉。行感冒的症狀是相同的,但症狀可能會更嚴重並影響更多人。由於行感冒,健康成人得病的風險可能會更大。

控制感冒的擴散

衛生專家會測試新感冒病毒,研究用於治和預防季節性感冒的藥物是否有效。製造新的行感冒的疫苗可能要花個月或更長時間。開始只能提供少量疫苗。

為有助於防止感冒擴散,請務必:

- **經常用肥皂和水洗手。**如果沒有肥皂和水,請使用酒精基洗手液。
- **避免觸碰你的眼、鼻和嘴。**感冒經常就是這樣擴散的。

- **Cough or sneeze into the bend of your arm**, not your hands.

If you have a tissue, cover your mouth and nose when you cough or sneeze. Throw the tissue away, and then wash your hands.



- **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 10 parts water with one part bleach.

- **Limit your contact with people who are ill.**

- Avoid shaking hands, hugging and kissing if you are ill and with others who are ill. Stay 6 feet away from those who are ill.

- **Stay away from others when you are sick.** Stay home from work, school or running errands. Leave home only for medical care and be sure to wear a disposable respirator.



Image: OSHA, U.S. Dept. of Labor

- **Get a full night's rest, eat a healthy diet and drink at least 8 glasses of fluids each day.**

- **咳嗽或噴嚏請以手臂掩住，而不要用手。**當你咳嗽或打噴嚏時，如果有紙巾，請用紙巾掩住口鼻。丟掉紙巾並洗手。

- 用消毒清潔劑或漂白劑**清潔表面**，例如檯面、水槽、水龍頭、門把手、電話和電燈開關。您也可以混合自己的水和漂白劑溶液。將 10 份水與一份漂白劑混合。

- **限制你自己和那些病人的接觸。**

- 如果生病或與生病的其他人避免握手，擁抱和親吻。遠離患病者 6 英尺。

- **生病時請遠離他人。**下班、上學或辦事時要留在家中。僅可出門就醫，並確保佩戴一次性呼吸器

- **整夜休息，飲食健康，每天至少喝 8 杯水。**

Plan Ahead

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

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.

提前計劃

提前計劃以有助於保護你和你的家人並限制行感冒的影響。

如果很多人得 行感冒：

- 醫院和醫生診所會很忙。
- 你可能要 在家中照顧生病的家人或孩子。

- Schools and child care centers may close.
- Stores may be in short supply of food, water, medicines and medical supplies.
- Special events or religious services may be cancelled.

Use these three steps to prepare:

1. Make a plan for you and your family at home and at 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

Your Plan for Home

Talk to your family about this plan so they know what to do. Your plan should include:

- Health information for each member of the family, including date of birth, blood type, allergies, past and current medical problems, current medicines and dosages, medical equipment and copies of medical insurance cards.
- Someone to care for your children at home in case you cannot be there or you become ill.
- An emergency phone and e-mail contact list. Share it with family members, work, schools and child care centers.
- Local and out-of-town emergency contacts.
- Doctors' names and phone numbers.
- Locations of hospitals, clinics and urgent cares near work, school and home.
- Locations of local and state health departments and their phone numbers.

- 學校和托兒所可能會關閉。
- 商店對食物、水、藥和醫用品的供應可能會短缺。
- 有些特別活動或宗教儀式可能會被取消。

用此三步驟作準備：

1. 請為你和你家人制定在家和在工作場所的計劃。
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的資訊。

第 1 步. 制定一個計劃

你在家的計劃

請對你的家人 — 這個計劃，以便他們知道該做什麼。你的計劃應該包括：

- 每個家庭成員的健康信息，包括出生日期、血型、過敏，既往和當前的醫療問題，當前的藥物和劑量，醫療設備以及醫療保險卡的副本。
- 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。
- 一份急救電話和電郵 絡單。請給家人、工作地、學校和托兒所各一份。
- 本地和外地緊急聯絡人。
- 醫生名字和電話號碼。
- 靠近工作地、學校和住家的醫院、診所和緊急護理地點。
- 當地和州衛生部門的地點和電話號碼。

- Pharmacy name and phone number.
- Religious or spiritual information.

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.
 - 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.

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 business' finances, shipping and travel.
- Define your policies on employees working from home, caring for ill family or paying for employee illness.

- 藥房名稱和電話號碼。
- 宗教或信仰方面的資訊。

你對工作的計劃

如果你工作：

- 和你的 闔討 工作政策。請詢問：
 - 企業在 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。
 - 你是否能在家工作或被指望來上班。
- 請 解你可能會被要求 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。

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。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。
- 研究大流行性流感如何影響企業財務、運輸和旅行。
- 就員工在家工作、照顧患病家人或支付僱員病假各項制定您的政策。

Step 2. Prepare an Emergency Kit

Have a two 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
- Electrolyte drinks such as Gatorade, Powerade or Pedialyte (for children)
- Bananas, rice, applesauce and toast or crackers for nausea, vomiting or diarrhea
- 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

第 2 步. 準備一個急救包

請為每人和每隻寵物準備以下各項兩週的供給。

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
- 電解質飲，如 Gatorade、Powerade 或 Pedialyte (兒童使用)
- 香蕉、米飯、蘋果醬、麵包乾或餅乾，在噁心、嘔吐或腹瀉時食用
- 打開即食的罐頭肉、水果和蔬菜
- 手動開罐器
- 蛋白質或水果條棒
- 乾麥片、格 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 乳
- 罐裝或瓶裝嬰兒食品和嬰兒配方奶
- 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
- Health information for each member of the family
- Soap and alcohol-based hand sanitizer
- Tissues and toilet paper
- Baby supplies such as diapers and bottles
- Digital thermometer
- Trash bags
- Cleaning supplies
- 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.
- For current information, go to www.pandemicflu.gov or www.flu.gov. This may only be available in English and Spanish.

醫藥、健康和急救品

- 處方健康用品
- 處方藥物
- 用於治療發燒、疼痛、胃病、咳嗽、感冒和腹瀉的非處方藥
- 每個家庭成員的健康資訊
- 肥皂和酒精洗手劑
- 紙巾和廁所用紙
- 嬰兒用品，如尿布和奶瓶
- 位溫計
- 垃圾袋
- 清潔用品
- 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。
- 有關最新資訊，請訪問 www.pandemicflu.gov 或 www.flu.gov. 網站可能只有西班牙文和英文。