

# HOW TO SURVIVE A FLU PANDEMIC



## **Wear a surgical mask in public.**

Influenza is a virus that enters the body through contact with mucous membranes, so you must protect your nose and mouth. If you cannot get a mask, keep a bandanna tied securely over your nose and mouth. Do not touch or rub your eyes, nose, or mouth.



## **Restrict and ration towel usage.**

Each member of the household should have an assigned towel, washcloth, dishcloth, and pillow. (All household members should sleep in separate bedrooms, if possible.) Label towels with masking tape to avoid mix-ups. Wash all towels with bleach.



## **Sneeze and cough into your elbow.**

Sneezing and coughing into your elbow will prevent germs from reaching your hands and being spread through contact. Recommend that others follow suit.



## **Keep your hands clean.**

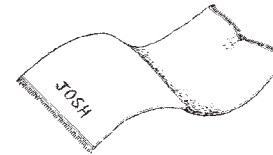
When washing hands in a public restroom, first pull the lever on the towel dispenser to lower a towel, then wash your hands. Rip off the dispensed towel, then use it to pull the dispenser lever again and to turn off the water faucet. Discard the first towel. Tear off the second towel and use it to dry your hands and open the bathroom door, then discard.

## To Survive a Flu Pandemic

### DO

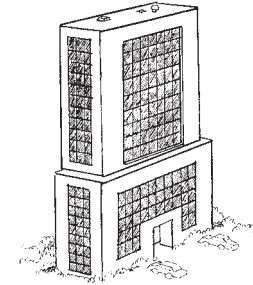


*Cough into elbow.*



*Use only your own towel.*

### AVOID



*Recirculated air.*



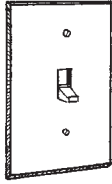
*Places where children gather.*



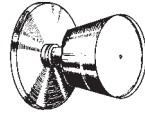
## **Sanitize before touching areas with high germ potential.**

Disinfect light switches, doorknobs, keyboards and mice, telephone receivers, refrigerator door handles, sink faucets, and the flush handle on the toilet. Do not use public telephones.

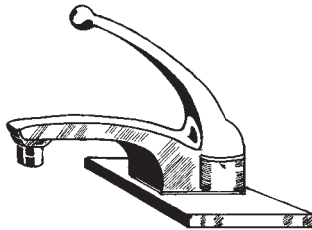
### Disinfect Everyday Objects



light switches



doorknobs



faucets



### **Do not enter areas where people congregate.**

Hospitals, prisons, day-care centers, college dorms, movie theaters, checkout lines, and other places where large numbers of people cohabitate or group closely together should be avoided during the pandemic.

### **Be Aware**

- Get a flu shot as soon as they become available.
- Wash hands frequently and immediately upon returning home from being outdoors.
- Not all masks are equally effective. For best protection, use an N95 “respirator” mask that completely covers the nose, mouth, and chin.



### **Empty the trash often.**

Do not let used tissues pile up in wastebaskets; they may carry the flu. Wear rubber gloves when emptying trash. Wash the gloves frequently, or throw them out after each use and get a new pair.



### **Avoid areas with recirculated air systems.**

Do not get on an airplane. Avoid entering buildings that use recirculation systems designed to reduce fuel consumption. (In the United States, many such structures were erected during the 1970s energy crisis.)