

# What to Expect During a Flu Pandemic

At the start of a flu pandemic, health officials may call for certain actions to slow down the spread of flu. These actions limit meeting with other people and are called social distancing. Social distancing includes staying home when you are sick and away from others who are sick.

## Social Distancing

Public health officials may ask for all people who are sick with the flu to stay home. This is called voluntary isolation. They may also ask that anyone who lives with someone who is sick with the flu to stay home, too. This is called voluntary quarantine.

Some social distancing measures are used to keep large groups of people from coming together. To slow the spread of flu, public health officials also might:

- Dismiss students from schools.
- Close home care, child care, and early care centers.
- Cancel all indoor and outdoor events that get large crowds (such as sports events, concerts, parades, and festivals).
- Close some businesses.
- Request that non-urgent meetings be postponed.
- Ask that people stay away from places with crowds (such as community centers, malls, and theaters).
- Request that services be postponed at all places of worship.

## What Can You Do?

During a flu pandemic, it will be important to follow any instructions from health officials. Stay home and stay away from others who are sick as much as possible. If you are sick and you *must* go out (for example, to buy food), keep your distance from others and, if possible, wear a surgical mask to protect other people from getting the flu. Remember to:

- Wash your hands often.
- Cover your cough or sneeze.
- Keep your hands away from your face.
- Stay home if you are sick.
- Keep sick children home from school or childcare.
- Care for sick family members at home if possible.

**Stay informed.** It will be important to stay informed during a flu pandemic. Keep up-to-date on a possible flu pandemic from radio, television, and newspapers. For more information, go to:

- [www.lapublichealth.org](http://www.lapublichealth.org)
- [www.pandemicflu.gov](http://www.pandemicflu.gov)
- [www.bepreparedcalifornia.ca.gov/epo](http://www.bepreparedcalifornia.ca.gov/epo)

or call 2-1-1 (800) 339-6993 (Los Angeles County Referrals)

