

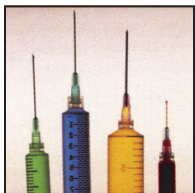
# 雖然無法預防…卻能做好準備！

我們不知道下一次洛杉磯會受到哪一種公共衛生緊急事故的影響，但是發生新疾病和其他緊急事故卻是一定的事實。流行性感冒（流感）是一個特殊顧慮，因為它很容易傳播，而且一再變化，因此增加了它成為全球疾病爆發或大流行的可能性。

以下這些簡單的步驟可以協助您在許多緊急事故中保護自己，請和您的家人、朋友以及您的看護者一起分享。

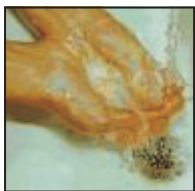


## 保持健康的要訣



### 每年注射流感預防針！

接種疫苗是免於流行性感冒的最好方法。請鼓勵您的家人、朋友和您的看護者去打流感預防針，以避免讓您生病。



**經常洗手。**也請鼓勵照顧您的人經常洗手。如廁之後、做飯以及吃飯前後洗手尤其重要。



**避免接近生病的人。**如果您必須接近生病的人，請避免近距離接觸，並記得洗手。



大部分得流感的人並不需要去看醫生或護士。可是如果病情加重（難以呼吸、非常虛弱，或是高燒持續2-3天不退），請打電話給您的醫護提供者。

## 做好緊急準備



**準備一份醫療和緊急用品包。**準備您在緊急事故中可能需要的藥物和急救用品。



**擬定一份緊急健康資訊表。**寫下重要的健康資訊，描述您的特殊狀況和藥物。



**準備食物和飲水。**在緊急事故中，可能很難去商店購物，因此準備不易腐壞的食物是很重要的（例如罐頭食品）。



**留意最新消息！和您的看護者談話。**讓您的看護者知道您為緊急事故做了什麼準備。計劃得知最新消息的方法：準備一台使用電池的收音機或電視機；如果您的聽力不好，安排某人告訴您最新消息。

洛杉磯縣公共社會服務部和洛杉磯公共衛生部呼籲  
您和您的家人為流感大流行和其他緊急事故做好準備！

請瀏覽以下網站進一步認識流行性感冒、如何保持健康以及為緊急事故做好準備。

[www.bepreparedcalifornia.ca.gov](http://www.bepreparedcalifornia.ca.gov)  
[www.211lacounty.org](http://www.211lacounty.org)

[www.cdc.gov](http://www.cdc.gov)  
[www.publichealth.lacounty.gov](http://www.publichealth.lacounty.gov)



# While we can't predict...WE CAN PREPARE!

We don't know what will be the next public health emergency that will impact LA, but new diseases and other emergencies are a certainty. Influenza (flu) is of special concern because it easily spreads and is constantly changing; this increases the chances that it can become global disease outbreak or pandemic.

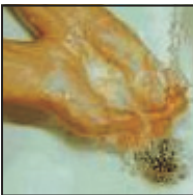
These simple steps can help you during many emergencies. Please share this information with your family, friends, and the people who care for you.

## TIPS FOR STAYING HEALTHY



### Get a flu shot every year!

Vaccination is the best way to keep from getting the flu—and urge your friends, family, and those that care for you to also get the shot to avoid getting you sick.



### Wash your hands often.

And urge those who care for you to wash their hands. It is especially important to wash your hands: after using the toilet, before and after preparing and eating food.



### Avoid being near people who are sick.

If you must with someone who is sick, try to stay 3 feet away and remember to wash your hands.



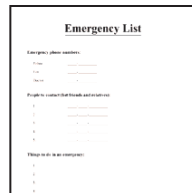
*Most people who get the flu will not need to see a doctor or a nurse, but if illness becomes severe (trouble breathing, extreme weakness, fever that lasts more than 2-3 days), call your health care provider.*

## BEING READY FOR EMERGENCIES



### Create a medical and emergency supply kit.

Set aside the medications and first aid items you may need during an emergency.



### Create an emergency health information sheet.

Write down the important health information that describes your special conditions and medications.



### Set aside food and water.

During an emergency, it may difficult to get to a store, so it is important to have available food items that won't spoil (like canned food).



### Stay informed!

#### Talk to those who care for you.

Let those who care for you know what you are doing to prepare for an emergency. Plan how to stay informed: have a battery operated radio or TV; arrange for someone to keep you informed if you have trouble hearing.

***The Los Angeles County Department of Public Social Services  
and the Los Angeles Department of Public Health  
urge you and your family to prepare for pandemic influenza and other emergencies!***

Visit these internet sites to learn more about flu, how to stay healthy, and how to prepare for an emergency.

[www.bepreparedcalifornia.ca.gov](http://www.bepreparedcalifornia.ca.gov)  
[www.211lacounty.org](http://www.211lacounty.org)

[www.cdc.gov](http://www.cdc.gov)  
[www.publichealth.lacounty.gov](http://www.publichealth.lacounty.gov)



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