

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.

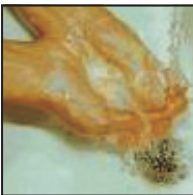
These simple steps can help you during many emergencies. Please share this information with your family, friends, and the people who care for you.

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.



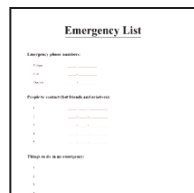
Most people who get the flu will not need to see a doctor or a nurse, but if illness becomes severe (trouble breathing, extreme weakness, fever that lasts more than 2-3 days), call your health care provider.

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
www.211lacounty.org

www.cdc.gov
www.publichealth.lacounty.gov



Supported by Grant Cooperative Agreement Number 5U90TP917012-08 from the CDC.