

# DISEASE CONTROL

## **If pandemic influenza strikes, what will the local public health department do to slow or stop the spread of disease?**

There are several interventions local public health departments might recommend to attempt to slow or stop the spread of disease.

- Isolation—Ask people who are sick to voluntarily stay home to prevent the spread of diseases such as an influenza virus. Isolation is already practiced on a daily basis with tuberculosis patients.
- Quarantine—Ask people who have been exposed to a contagious disease, but are not yet showing symptoms, to voluntarily stay home to prevent spreading the disease to others.
- Social Distancing—Recommend that people not attend large gatherings such as church services, sporting events, concerts and shopping centers in order to reduce close personal contact and prevent the spread of a contagious disease from person-to-person.

## **If I agree to voluntarily isolate or quarantine myself and/or my family, how can our daily needs be met?**

Families should plan now to stockpile enough food, water and medicines to be able to stay home for at least seven days.

Families who find themselves unprepared if they have to stay home may be able to ask a friend, neighbor or family member from outside the household to purchase the supplies they need and leave them on the doorstep.

## **What kinds of supplies should my family stockpile?**

Each family should have enough supplies to last at least seven days, including the following items:

Bottled water	Electrolyte drinks	Non-perishable foods
Thermometer	Tissues	Soap
Disposable gloves	Acetaminophen or ibuprophen	Bleach
Alcohol-based hand sanitizer	Prescribed medicines/medical supplies	Paper towels
Baby food	Diapers	Pet food
Flashlight	Batteries	Battery-powered radio
Manual can opener	Garbage bags	

## **What can I do if my child's school is cancelled?**

Guidance from the Centers for Disease Control and Prevention encourages schools to make every effort to limit the disruption of day-to-day activities and vital academic activities by keeping their facilities open while doing what they can to reduce students', faculty, and staff's exposure to the flu, especially those at higher risk for complications.

During a severe flu pandemic, though, it is possible that the local public health department will ask schools to close, in order to prevent children from coming into frequent, close, personal contact with other children who are sick. Schools may be closed for several days or even several weeks. Officials in your community will provide information on when schools will be closed and re-opened. Use books and games at home to keep your children engaged and learning while they are unable to attend school.

## **What can I do if my employer closes my workplace?**

It is possible, also, that employers will be asked to close their businesses to keep the public from congregating and spreading the illness. Talk to your employer now about your options. Ask if you can work from home. Explore other options. Also, create a savings account in case you must go without steady income for a period of time.