



HOW TO BE PREPARED AT HOME



Pandemic

What is a Pandemic?

Pandemic occurs when an infectious disease spreads throughout the global population. Pandemics may arise from a new strain of influenza. Since the virus is new, the human population is likely to have little to no immunity against it.

The Ministry of Health and Long-term Care works with local public health units and healthcare providers to prepare for a flu pandemic:

- monitor flu in the province and in the rest of the world;
- stockpile antiviral drugs and equipment;
- deploy drugs and protective equipment to where they are needed quickly;
- develop emergency plans for delivering healthcare services;
- administer vaccines as they become available.

Safety Tips

- Wash your hands often with soap and water for about 15 seconds, including:
 - before and after eating;
 - after you have been in a public place;
 - after using the washroom;
 - after coughing and sneezing;
 - after touching surfaces that other people also touch.
- Stay healthy by eating well, drinking lots of water, getting regular exercise and plenty of rest
- Get your annual flu shot
- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.



Prepare Now

Add these items to your emergency survival kit:

- Alcohol-based hand sanitizer that's between 60 and 90% alcohol
- Medicines for headaches, coughs and fevers
- Thermometer
- Anti-diarrheal medication
- Drinks with electrolytes