

DISEASE OUTBREAKS

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Outbreaks of disease are all too common. The best ways to protect yourself and your family are by following good health habits and knowing how to respond when illness strikes.

GOOD HEALTH HABITS

- Teach your children how to wash their hands (and remind the rest of the family too!). Use water and soap for 20 seconds or alcohol based gels until they are dry. See www.cdc.gov/flu/protect/stopgerms.htm
- Avoid touching your eyes, nose and mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- Avoid close contact with people who are sick.
- Make sure you and your children's vaccinations are up to date. Call your local health department if you need help. Kid's vaccines may be free.
- Get enough sleep and enough exercise depending on your age. See www.cdc.gov/HealthyLiving
- Clean, cook and chill your food properly. See www.foodsafety.gov
- Quit smoking.
- Make a Family Disaster Plan.

IF YOU OR FAMILY MEMBER BECOMES ILL

- If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- Cover your cough and sneezes. Cough or sneeze into your upper sleeve or use a tissue and then wash your hands to help prevent others from becoming ill.
- Avoid close contact with others to prevent them from becoming ill.
- Don't hesitate to call your health care provider. Sudden onset of severe symptoms calls for quick attention by a doctor or nurse to help avoid a trip to the emergency room.

DURING A COMMUNITY-WIDE OUTBREAK

- Continue to follow good health habits- especially hand washing.
- See or listen to the TV, newspaper or radio. Contact your local health department if you need more information.
- Stay at home as much as possible. Be prepared to keep your family home for several days at a time in the event of serious illness like pandemic. Revisit your Family Disaster Plan.