

# Seasonal Flu or Pandemic Flu

## What's the Difference?

SEASONAL FLU (also known as influenza)	PANDEMIC FLU
Happens every year	Happens rarely and without warning
People usually have some immunity (protection) against it	People have little or no immunity to the new pandemic flu virus
Those at greatest risk for serious complications are the very young, older Pennsylvanians and those who already have health problems	Healthy people may have a greater risk for serious complications
Vaccine is available	Vaccine will not be available at the start of a pandemic

**Make sure you and your family have a plan** in case of a Flu Pandemic. Fill in this important emergency contact information and keep it in your emergency supply kit or another safe place where you can easily find it during an emergency.

### Emergency Contacts

Name: \_\_\_\_\_

Telephone #: \_\_\_\_\_

Email: \_\_\_\_\_

Name: \_\_\_\_\_

Telephone #: \_\_\_\_\_

Email: \_\_\_\_\_

### Other Important Information

#### Doctor(s)

Name: \_\_\_\_\_

Telephone #: \_\_\_\_\_

#### Pharmacy

Name: \_\_\_\_\_

Telephone #: \_\_\_\_\_

Medication(s): \_\_\_\_\_

#### Local Hospital

Name: \_\_\_\_\_

Telephone #: \_\_\_\_\_

#### Medical Insurance

Name: \_\_\_\_\_

Telephone #: \_\_\_\_\_

Policy #: \_\_\_\_\_

#### Homeowners/Rental Insurance

Name: \_\_\_\_\_

Telephone #: \_\_\_\_\_

Policy #: \_\_\_\_\_

# Learn about Pandemic Flu now

## and help protect your health later.



**1-888-9-READYPA • ReadyPA.org**  
**1-888-973-2397**



## What are Pandemic Flu symptoms?

The symptoms of a Flu Pandemic will likely be similar to those of Seasonal Flu, but may be more severe

- **Fever**
- **Sore throat**
- **Cough**
- **Runny or stuffy nose**
- **Exhaustion**
- **Headache**
- **Muscle aches and pains**
- **Possible stomach problems,** like nausea, vomiting and diarrhea



**Call your doctor if you have questions or concerns about symptoms you may be having.**

### How can I keep from getting or spreading the virus?

**Wash your hands often with soap and warm water for 15 seconds or use alcohol-based sanitizer**

**Cover your mouth and nose with your sleeve or a tissue when you sneeze or cough**

**Keep your hands away from your eyes, nose and mouth**

**Stay home if you're sick**

**Disinfect (clean) surfaces in your home often**

**Get a flu vaccination**



## What can I do to PREPARE for a Flu Pandemic?

It's important to have a plan in place in case a Flu Pandemic occurs to help keep yourself and your loved ones healthy.

**Have at least a three-day (or more) supply of food that won't spoil (formula for infants and pet food as well)**

**Have at least a three-day (or more) supply of bottled water for everyone in your home**

**Have at least a one-week supply of your prescription medicines and medical supplies**

### Preparedness for people with special needs

During a Flu Pandemic, you could be stuck in your home for days or weeks, either because you have the virus or because you've been asked to stay inside to help stop the spread of it. That's why it's even more important for those with special needs to be prepared ahead of time with food, plenty of bottled water, medical supplies and a support network of friends and family.



## How do I treat myself, or a loved one, if we do get the flu?

**Drink plenty of fluids (like water) to keep from getting dehydrated and help get better fast.**

**As needed, take over-the-counter medicines for cough, fever, muscle aches or other symptoms. Follow directions on the medicine's label.**



### Antiviral Drugs

- Antiviral drugs are prescription medicines (pills, liquid or an inhaler) that can be used to treat you if you are sick with the flu or help keep you from getting it.
- If you are already at greater risk for complications from the regular seasonal flu, it will be even more important for you to take antivirals during a pandemic:
  - If you get sick, antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications.
  - Antiviral drugs may also help keep you from getting the flu if you are not ill, but have been near someone who has the virus.