



Are YOU Prepared?

PANDEMIC PREPARATION MADE EASY

Health officials are planning and preparing for the possibility of a new threat in the world of infectious diseases: H5N1 Influenza. Pandemic Influenza (aka: "bird flu" or H5N1) now afflicts only birds and a small number of humans who have close contact with these sick birds. If the bird flu virus changes in ways that make it easily passed from human to human, the disease could potentially spread among humans in communities throughout the world.

Were a pandemic to strike, Public Health officials would probably urge most people to stay at home for days or weeks, until the threat could be contained. This has already happened in other countries to prevent a possible mutation of the virus. If there is a novel strain of influenza in the United States, Public Health would mostly likely implement social distancing measures to keep people in their homes. Additionally with up to 1/3 of the population ill, there would most likely be food and supply shortages in stores.

"Stock 2 For Flu" is a campaign for home preparedness. We, the community of emergency responders, are asking citizens to do their best to prepare for this potential threat. Citizens can do this by stocking items that might be needed if they had to stay home for an extended period of time. The best way to do this is to build a stockpile a little at a time. Our message is simple- Stock 2 for Flu: "Pick up 2 extra items every time you shop until you have stockpiled enough food for everyone in your family for 2 weeks". Don't forget pet food, medications, or baby supplies.

How can your organization help to prepare our citizens? First and foremost you can become involved! Encourage your employees and clients or customers to prepare. This can be done by putting inserts into employee paychecks, including an article in your newsletter, posting information on bulletin boards, linking the Stock2forFlu.com website to their website, and hosting informational meetings (CUPHD can provide a speaker and much printed information).

In addition to encouraging your staff and clients to prepare, your business or organization can also play a key role in assisting those less fortunate who may have difficulty creating a stockpile. You may want to consider holding special food drives for stockpiling purposes.

CUPHD has created a website to assist our community prepare. www.Stock2forFlu.com offers checklists, contact lists, and sample plans for home and worksite preparedness. There are brochures, posters and other materials you can download and print. Please print these materials, distribute them to your family members, employees, friends and clients. Please help us get the word out about getting prepared!

Websites:

Stock 2 for Flu: www.stock2forFlu.com

IL Faith-based Emergency Preparedness Initiative: www.idph.state.il.us/planready/index.htm

Champaign-Urbana Public Health District: www.c-uphd.org

Champaign County: www.ChampCoPrepares.com



"It is better to have a plan and no pandemic, than a pandemic with no plan."

**Make YOUR Plan:
www.Stock2forFlu.com**



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

For more information visit: www.c-uphd.org