

Wash Up.



Wash your hands often and cover coughs and sneezes.

Stock Up.



Stock a 1 week's supply of food and items you need.

Listen Up.



Listen to the news & follow instructions.

**Be Prepared for Pandemic Flu**

<http://www.co.portage.oh.us/healthdepartment.htm>

# 3 Key Steps to Prepare for a Flu Pandemic or Other Disasters such as Blizzards or Floods.



## WASH UP

**Proper hand washing is the best way to stay healthy and stop spreading illnesses.**

- For 20 seconds, scrub hands with soap and hot water, as hot as you can comfortably stand.
- Parents should remind their children to properly wash their hands often.
- Alcohol-based hand sanitizer (60%-95%) can be used.
- Cover your nose & mouth with a tissue when you cough or sneeze.
- Keep away from sick people & stay home if you are sick.

## STOCK UP

**Keep 1 week's supply of non-perishable food, fresh water & first aid supplies.**

- A 2 week supply would be even better. During an emergency, you may not be able to get to a store, or supplies will be out.
- Keep in stock:**
  - Water: 1 gallon per person per day.
  - Canned and dried foods.
  - For babies: baby food & formula/diapers & wipes.
  - Over-the-counter & pre-scribed medications.

- Toiletries & toilet paper.
- Soap & disinfectants.
- Flashlight, batteries & a cordless radio.
- Manual can opener & trash bags.

## LISTEN UP

**An "Emergency Alert Message" is required of all radio stations.**

- Listen to local & national radio stations and watch news reports on television.
- Stay tuned to local and national news broadcasts.

**Make a Difference  
Join the MRC!**

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- ♦ Nurses and N.A.'s
- ♦ Pharmacists & Techs
- ♦ EMT's
- ♦ Clergy
- ♦ Clerical & others
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