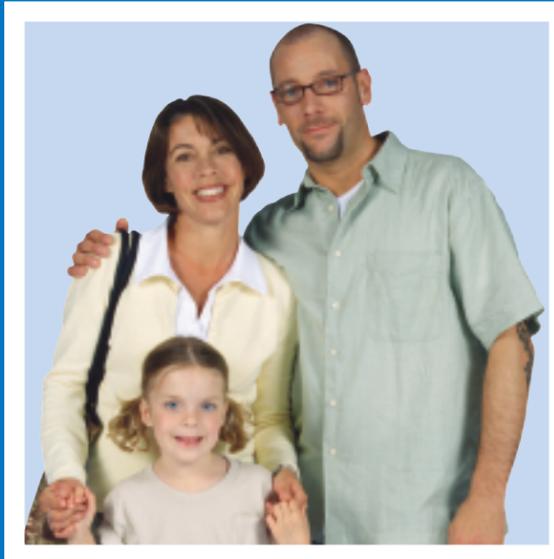


Be Prepared for Pandemic Influenza



Cover Your Nose & Mouth with a Tissue



Have a Plan for Your Family



Cough into Your Sleeve



Wash Your Hands



Stay Home When You Are Sick



Stock Up on Food, Water & Health Supplies

Pandemic flu is a worldwide outbreak of a new strain of flu virus. During a flu pandemic, millions of people could get sick and even die. Here are things you can do to Be Prepared for Pandemic Flu:

- Stay healthy: eat a balanced diet, exercise daily and get plenty of rest.
- Wash your hands often with soap and water or use hand sanitizers.
- Stay away from people who are sick.
- Cough into your sleeve or cover your mouth and nose with a tissue.
- Clean common surfaces with a disinfectant.
- Stay home when you are sick.
- Have a plan for the whole family: Discuss where to go and who to contact if you are separated during an emergency.
- Have a two-week supply of food, water and health supplies.
- Stock up on items to treat flu symptoms.



Be Aware, Be Prepared.



For more information on pandemic flu and what you can do to prepare, visit www.ct.gov/ctfluwatch or call 2-1-1