

## September is National Preparedness Month



Disasters come in many forms. One disaster comes in the form of pandemic. The World Health Organization is expecting another outbreak of H1N1 this fall when flu season comes into full swing. There are a few simple steps to protect yourself and your family.

1. Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
2. Use proper cough etiquette. Cough and sneeze into your sleeve or a tissue, not your hands.
3. Avoid touching your eyes, nose or mouth. Germs spread this way.
4. Try to avoid close contact with sick people.
5. If you get sick with influenza, the Centers for Disease Control and Prevention (CDC) recommend that you stay home from work or school and limit contact with others to keep from infecting them.
6. When flu season is in full swing, ensure you have ample non-perishable food items and other household goods on hand to avoid unnecessary trips out. This will lessen your chances for exposure.

### Stay informed by checking the following websites:

The U. S. Department of Health and Human Resources [www.PandemicFlu.gov](http://www.PandemicFlu.gov)

View the HHS Webcast to learn about Individual Pandemic Preparedness at [www.pandemicflu.gov/news/panflu\\_webinar6.html](http://www.pandemicflu.gov/news/panflu_webinar6.html)

Centers for Disease Control and Prevention [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu)

Learn how to care for a family member who is ill by visiting the following site [www.cdc.gov/h1n1/guidance\\_homecare.html](http://www.cdc.gov/h1n1/guidance_homecare.html) or you may call the CDC Hotline at 1-800-CDC-INFO.

Contributed by Debbie Hladky, Southeast CERT

To learn more about the Southeast CERT contact Debbie or Joel Hladky at 216-299-9768

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