

## ESSENTIAL SUPPLIES

Store extra food, water, and fuel according to your ability, resources, and local needs so that you can stay at home for long periods during a variety of emergencies

## YOUR LIFE STYLE

- A** Stay or become smoke free.
- B** Regular washing hands with soap
- C** Keeping a clean home environment (declutter, dispose waste, clean and disinfect surfaces).
- D** Fully breast feed babies up to age of 6 months; good nutrition and exercise for all.

**You are encouraged to keep up with the latest developments and news, especially during a pandemic.**

For more information, try these sources:

Websites:

Hotline Numbers:

Email for feedback or queries:



**PANDEMIC FLU**  
the information you need to be prepared

# Be Flu WISE



Here are basic actions you can take to protect yourself and others during an outbreak of flu.



**PANDEMIC FLU**  
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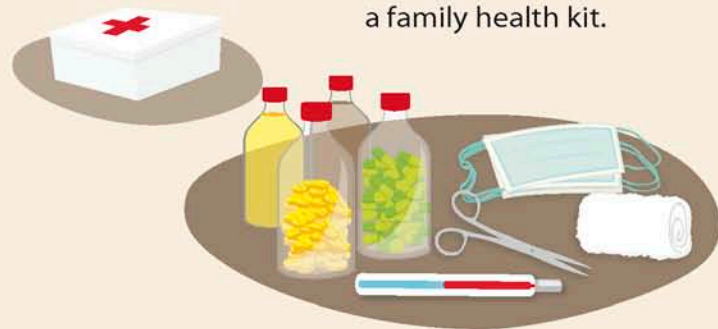
When a pandemic strikes events will happen fast, it is smart to be prepared.

If you have not already done so, you should stock your home with essential food and medical supplies.

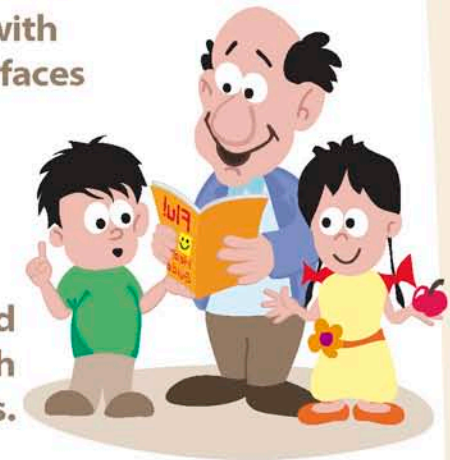


**HEALTH KIT** Prepare a family health kit consisting of a thermometer, surgical masks, anti-pyretics, disinfectant soap, and at least one month's supply of essential medications and contraceptive supplies.

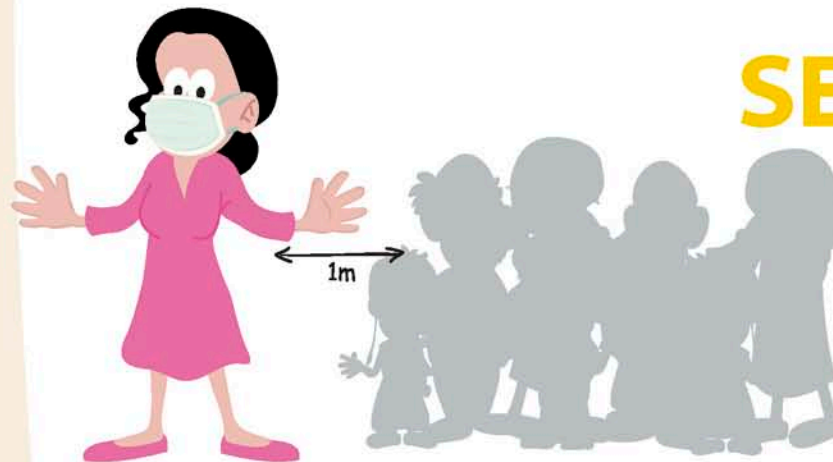
**Your family doctor or health worker** can advise you on how to prepare a family health kit.



**WASH** your hands often with soap or ash and keep surfaces in your home clean and disinfected.



**INFORM** yourself and others and maintain good health habits.



**SEPARATE**

keep a distance of at least 1 meter between you and others especially if you are sick. During an outbreak of flu it is best to avoid travel, stay at home whenever possible, and avoid all public gatherings.

**ETIQUETTE**

cover your mouth and nose when you cough or sneeze; don't spit in public. A mask or scarf will help protect you and others, but be sure to wash scarves frequently and dispose of used masks safely.

