

Pandemics

What **You** Need to **Know**

On June 11, 2009, the **World Health Organization (WHO)** declared a pandemic due to the H1N1 ("Swine Flu") virus. Because the WHO had not issued a pandemic alert for roughly 40 years, many people were unfamiliar with what a pandemic alert means.

A pandemic refers to an outbreak of a new disease among a population that causes infected people to become seriously ill and that spreads easily among people. The WHO cautions that pandemics will likely affect 20%-60% of the U.S. workforce, and people who contract the influenza strain will likely miss 2-4 weeks of work.

Because a pandemic may prevent you from getting to the store, or prevent stores from restocking, **Concentra recommends you have the following items at home:**

- Two-week supply of food and water
- Prescribed drugs
- Non-prescription drugs, such as pain relievers, stomach remedies, and vitamins
- Fluids with electrolytes, such as sports drinks
- Medical supplies, such as face masks, latex gloves, and thermometers
- List of family member names, contact information, medical issues, and physician phone numbers
- Equipment, such as flashlight, portable radio, and batteries
- Personal care items, such as soap, alcohol-based hand wash, bleach cleaner, tissues, toilet paper, diapers, and personal sanitary supplies

According to the Centers for Disease Control (CDC), there are several actions you can take to help you stay healthy:

- Cover your mouth with a tissue when you sneeze or cough, and throw the tissue in the trash immediately after use
- Wash your hands frequently with soap and water (alcohol-based cleaners are also effective), especially after you cough or sneeze
- Avoid touching your eyes, nose, or mouth because germs are spread that way
- Try to use phone calls and teleconferences in place of face-to-face meetings
- Avoid shaking hands or hugging other people
- Avoid public transportation or avoid rush hour crowding on public transportation
- Cancel trips based on travel advisories issued by the U.S. Government

Before you think you have the influenza strain, you need to know how to distinguish between the flu and a common cold. A fever, headache, and severe aches and pains typically accompany the flu, not a cold. The flu causes extreme fatigue, while a common cold rarely does. And a cold causes watery eyes and a runny nose, while the flu rarely does.

If you do contract the influenza strain, you may not know it for 24 hours, so it is important to practice good hygiene so you do not infect others. Once you know you are infected, the CDC recommends that you stay home from work or school and limit your contact with other people.



Concentra⁺
totalcare

Developing a **better** you.
Concentra.com

If you think you have contracted the influenza strain, visit a Concentra center or your personal physician. And for the most up-to-date information about pandemics, visit the CDC Web site at www.cdc.gov, or call the CDC Hotline at 800.232.4636.