

## Hygiene – keeping clean

- ✓ Washing and drying your hands properly is one of the best ways of protecting yourself against the spread of germs. Wash hands for at least 20 seconds with soap or an alcohol-based rub. Drying hands well is important too.
- ✓ Wash and dry hands:
  - ⊙ before preparing food and eating
  - ⊙ after coughing or sneezing, blowing noses, wiping children's noses, visiting the toilet or looking after sick people.
- ✓ Keep your coughs and sneezes covered. Put tissues straight into a covered, lined rubbish bin or a plastic bag.
- ✓ Try to stay a metre away from sick people to reduce the spread of germs.



## If you work from home or run your own business

- ✓ You need to think about how to keep your business running. You will find some ideas in the Business Planning Guide at [www.med.govt.nz](http://www.med.govt.nz) – select from the list 'Influenza Pandemic Planning Information for Business Continuity' then select '1. Business Continuity Planning Guide'.
- ✓ You may want to talk to your insurance provider about your cover.

**More information** on influenza and planning for an influenza pandemic is available on:

[www.moh.govt.nz/pandemicinfluenza](http://www.moh.govt.nz/pandemicinfluenza)

or you can call

**0800 286 358**

# Getting ready for a flu pandemic



Have a plan



Setting up your emergency kit



Hygiene - keeping clean



And other things you can do...

# Getting ready for a flu pandemic

When a new flu virus infects many people around the world, it is called an influenza pandemic.

Health experts and governments around the world are worried that the flu virus H5N1 affecting birds (avian influenza or bird flu) could change into a virus that easily affects people. If this happens, and the new virus enters New Zealand, many of us could become very sick.

There are a few  
**simple things**  
you can do now  
**to prepare**

## Have a plan

During a pandemic, you or your family may be so sick that you need to stay at home for several weeks. Make a plan with family and friends so it includes:

- ✓ who could help with food and supplies if you and your household are ill.
- ✓ the telephone numbers of people who live near you, as well as your doctor's phone number. (Keep this in a place that is easy to see, eg, on the fridge door).
- ✓ an emergency supplies kit – see the 'Emergency Survival Items' list on the inside back cover of the Yellow Pages. Or check the Ministry of Civil Defence and Emergency Management website on [www.civildefence.govt.nz](http://www.civildefence.govt.nz) – select 'Be Prepared', then select 'What to do'.



## Build up your emergency supplies kit

- ✓ Have a supply of food and drinks to last for at least a week. Choose long-lasting foods in cans and packets, and dried foods.
- ✓ Paracetamol is good for aches and pains, and for reducing high temperatures. Don't use anything else for children unless you talk to your doctor or pharmacist first.
- ✓ If you have prescription medicines (eg, for blood pressure), you might want to get more, to put some in your emergency supplies kit.
- ✓ Masks worn by sick people can help stop the spread of germs. You can buy masks from a pharmacy (or from a hardware store). If there is a pandemic, people will be told how and when to use their masks. A mask can be worn only for a short time, and needs changing when wet from sneezing and coughing.
- ✓ Have tissues (or toilet paper) and plastic bags for used tissues.
- ✓ Think about things to do, if you and your family have to stay home for more than a week (eg, books, games and videos).



## Flu jabs

- ✓ Ask your doctor for an influenza vaccination each year. The usual yearly flu jabs will not protect you against a new pandemic, but they will help stop you getting ill with other influenza viruses. Because these viruses change all the time, you need to get vaccinated every year.
- ✓ Vaccination is free for people aged 65 years and over, and adults and children with certain long-term (chronic) conditions.