Healthy Habits to Prevent Infection Year Round

1. Wash hands briskly and frequently with soap and water (for at least 20 seconds).
2. Cough or sneeze into your sleeve (fabric traps germs) or into tissues — **not in your hands.**
3. Stay home and away from others as much as possible if you or your children are sick.
4. Be a good example so you can teach healthy habits to your children.
5. Check with your doctor and get your annual flu shot.

PREPARE FOR AN EMERGENCY **BEFORE IT HAPPENS !**

During an emergency, you may need to stay at home for an extended period of time. Take time **now** to collect what you need:

Ready to eat foods (soup, veggies)	Prescribed meds/medical supplies
Protein/fruit bars	Medicines for fever/diarrhea
Dry cereal or granola	Soap/alcohol based hand wash
Peanut butter or nuts	Thermometer
Canned juices	Fluids w/electrolytes (sport drinks)
Crackers	Cleansing agents/soap
Bottled water	Flashlight/radio/batteries
Baby food/formula	Manual can opener
Pet food	Garbage bags
Other non-perishable food items	Tissues/toilet paper/diapers

Be Prepared! ***Stay Informed!***

A pandemic happens when people all over the world get sick because they have no resistance to a new virus.

Prepare Now!

Find information on pandemic flu:
www.cchdtexas.org or www.pandemicflu.gov

Symptoms of pandemic flu: sudden onset, fever, chills, body aches, coughing, sore throat, congestion, loss of appetite, headache, fatigue, nausea, vomiting

Emergency Numbers

In a life threatening emergency, dial 911

Police_____
Fire_____
Hospital_____
Dr. Name_____
Dr. Ph._____
Emergency Contact Person
Name_____
Ph_____
Name_____
Ph_____

Medications

Name	Dose