



**Danger Ahead?
Get Prepped Now**

Serious Human Health Threat

Most of us are familiar with seasonal influenza. Flu, as we call it, causes a few days of upper respiratory congestion, fever and misery. And then it is usually gone. But there is another type of flu that is far more deadly. It begins in birds, pigs or other animal species and changes into a form that passes easily from person to person. In just a few weeks, this flu sweeps across the world, becoming a global outbreak known as a pandemic.

Pandemic Influenza History

The Spanish Flu pandemic of 1918 was the deadliest infectious disease in modern history. It caused about 50 million deaths, including several thousand in Hawaii. Subsequent pandemics happened in 1957 and 1968. Health officials in Hawaii and all over the globe are keeping a watchful eye on the Asian bird flu outbreak, because they believe it could start the next pandemic.

Take Action Now

You have in your hands information on some surprisingly simple but powerful steps to protect yourself and your loved ones against a pandemic. Get prepared now.

Together, we can share aloha not germs!

FOR MORE INFORMATION ON PANDEMIC PREPAREDNESS CALL THE ALOHA UNITED WAY HOTLINE AT 211 OR VISIT THESE WEBSITES:

Hawaii State Department of Health:
www.hawaii.gov/health

U.S. Department of Health and Human Services:
www.pandemicflu.gov

World Health Organization:
(WHO) http://who.int/csr/en/

Persons with disabilities may access information by alternative formats by calling the Department of Health at (808) 586-4400, or TTY: (808) 586-4401, or by emailing fluinfo@doh.hawaii.gov

Hawaii District Health Office
Hilo State Office Building
P.O. Box 916
Hilo, HI 96721-0916
(808) 974-6006

Maui District Health Office
State Office Building
54 High Street
Wailuku, HI 96793
(808) 984-8200

Kauai District Health Office
3040 Umi Street
Lihue, HI 96766
(808) 241-3614

Hawaii State Department of Health
1250 Punchbowl Street
Honolulu, HI 96813
(808) 586-4400

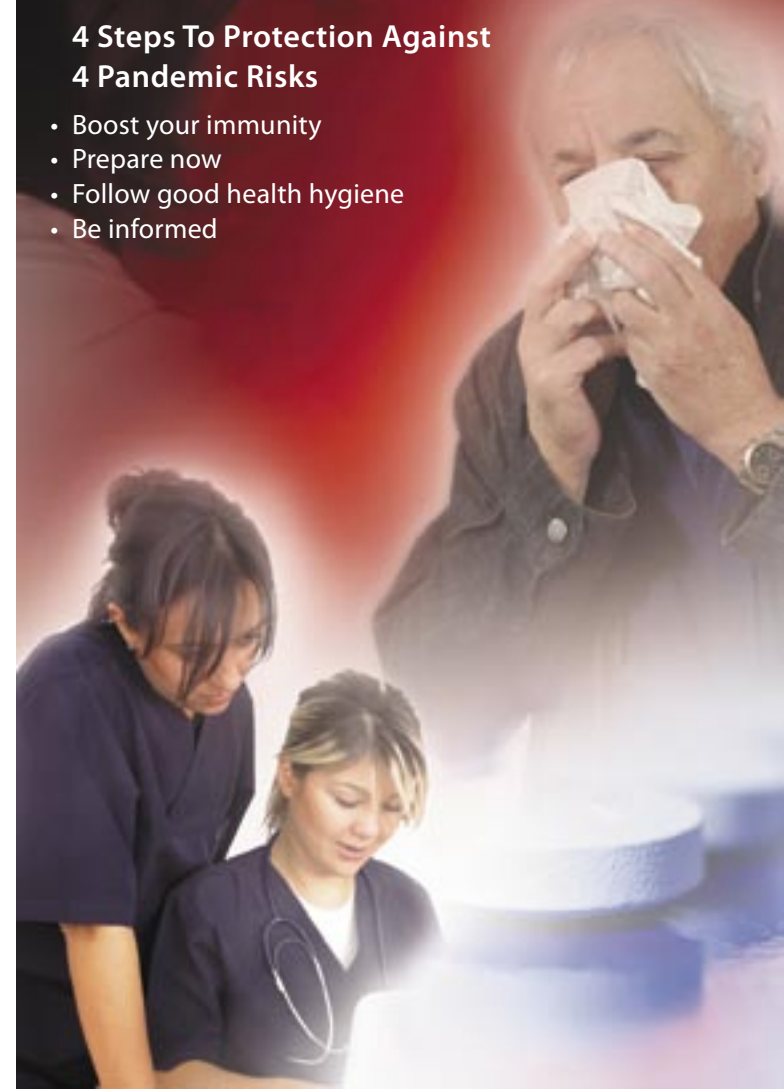


PANDEMIC FLU & YOU

RX: TAKE 4 FOR 4

4 Steps To Protection Against 4 Pandemic Risks

- Boost your immunity
- Prepare now
- Follow good health hygiene
- Be informed



A PANDEMIC COULD BE COMING

Why be concerned over a pandemic?

A flu pandemic is a global outbreak of a flu. A pandemic can happen when a new and serious virus appears and spreads quickly between people causing widespread illness. A flu pandemic is a serious threat to human health. However, we can take many steps now to arm ourselves with knowledge and action.

Together, we can share aloha not germs!

Rx: Take 4 for 4 GET TO KNOW:

- 4 pandemic dangers
- 4 steps to protect yourself

4 Pandemic Dangers

1. We have little or no immunity against a pandemic flu virus.

Having immunity means that our bodies are naturally resistant to a disease. A lack of immunity means that a virus can enter our bodies and cause serious and even fatal illness.

2. We currently don't have a vaccine to prevent a pandemic flu virus.

The seasonal flu vaccine won't stop a pandemic flu. Anti-viral medicines will only help people who are already ill. Without any preventive medicine, a pandemic flu can spread quickly between people.

3. A pandemic flu disrupts normal life.

During a pandemic, healthcare professionals will do everything possible to help those who are sick, but they will not be able to attend to every medical need. Many people will need to stay at home and care for themselves and others.

4. A pandemic flu is unpredictable.

Unlike natural disasters, a pandemic doesn't strike and then come to a predictable end. It may linger for many months. It may affect certain groups of people and leave others untouched. So many things about a pandemic can't be predicted.

4 Steps To Protect Yourself

Boost your immunity with a healthy lifestyle.

Get adequate sleep, exercise regularly and be sure to eat nutritious meals. Cut down on alcohol and cut out tobacco altogether. Get your yearly immunization against seasonal flu. Take any prescribed medications as directed by your doctor. Get fit now and you will be less likely to become seriously ill from any kind of flu or cold virus.

Follow good health hygiene to help contain the spread of viruses

Cover your coughs and sneezes. Always use a tissue, or, if none is available, cough into your elbow, never into your hand. Wash your hands regularly and sanitize surfaces in common areas of your home. Remember that viruses go wherever you go, when you are infected. Don't infect others. Stay at home whenever you are sick. Keep keiki at home whenever they are sick.

Prepare now to cope with the impacts of a pandemic.

Not everyone will become sick in a pandemic, but everyone will likely feel some disruption of routine life. Prepare a written emergency plan for your household and workplace. Stock enough household supplies to last for several weeks. Make sure you and your loved ones discuss the pandemic threat now.

Be alert for recommendations from Hawaii state authorities.

The state has a comprehensive pandemic emergency response plan that requires your cooperation. Officials may issue orders to "shelter in place" (stay at home) or evacuate. Listen for recommendations from the Hawaii State Department of Health.