

XIII. Sample “Chain” E-mail

The threat of a flu pandemic is real. It is not a question of IF it will occur, but of WHEN it will occur. You need to be ready to take care of yourself and your family during a flu pandemic.

Preparing *now* will make it easier for you and your family during a pandemic. Here are a few quick tips:

- Stock up on food, medicines, and supplies. You should have enough for 2 weeks!
- Improve your health habits. Sneeze and cough into a tissue or your sleeve and wash your hands with soap and water frequently.
- Have a plan. Know what you plan to do if schools are dismissed, if you can't go to work, or if a member of your family becomes sick and needs care.

Now that you're preparing, do you know if your friends and family are?

Help spread the word about flu pandemic preparation! Send this message to your friends and family.

For more information on how to get prepared, visit
<http://www.pandemicflu.gov/plan/individual/checklist.html>.

