

## What can I do to protect myself? How can I prevent the spread of germs?

- During flu season, practice social distancing by reducing the amount of times you shake hands. Wash your hands often and thoroughly with soap and warm water. Rinse well. Alcohol-based hand cleaners have proven effective.
- One of the best ways to protect yourself from getting the flu is by getting the flu vaccine as soon as it is available in your area.
- Avoid touching your eyes, nose, or mouth, and avoid contact with people who are ill.
- Cover your nose and mouth with a tissue or the crook of your arm when sneezing or coughing.
- Practice good health habits. Get plenty of sleep and exercise, manage your stress, drink plenty of fluids, and maintain a healthy diet.
- If you become ill with influenza-like symptoms, follow your Command's policy in regard to "calling in sick." It is recommended that you remain at home for 24 hours after your fever has broken.



**Seasonal influenza involves common flu viruses. These viruses cause a contagious respiratory illness. It spreads between people and can cause mild to severe illness. Symptoms can include:**

- Fever\*
- Cough (usually dry)
- Sore throat
- Headaches
- Muscle or Body Aches
- Weakness or fatigue
- Runny nose
- Nausea, vomiting, diarrhea\*\*

\* It is important to note that not everyone with influenza runs a fever

\*\*More common in children



**WE ARE.  
ARE YOU?**



**Ready for  
Flu Season?**  
FIGHT THE FLU WITH PREVENTION



**NFAAS**





## What is seasonal influenza?

Seasonal influenza involves common flu viruses. These viruses cause a contagious respiratory illness. It spreads between people and can cause mild to severe illness.

## What is pandemic influenza?

A pandemic is a global disease outbreak. An influenza pandemic occurs when a new flu virus emerges for which there is little or no immunity; begins to cause serious illness; and then spreads easily person-to-person worldwide. Everyone is at risk.

During a pandemic, transmission can be anticipated in the workplace, at home, or at school. Impacts could range from school and business closings to the interruption of basic services such as public transportation and food delivery.

It is difficult to predict when the next influenza pandemic will occur or how severe it will be, and it will take time to develop and test a new vaccine. By being and staying informed, making a plan, and building a kit, you can be ready.

## Why is influenza a concern for Navy families?

It is important for our Sailors and their families to remain healthy and strong so that our Navy is prepared to meet all mission needs.

## Be Informed:

- **Center for Disease Control and Prevention (CDC):** Provides thorough, authoritative and up-to-date information on influenza disease activity in the United States. You can also subscribe to social media updates and contact the CDC hotline that provides information in both English and Spanish. <http://www.cdc.gov/flu>
- **Flu.gov:** Provides one-stop access to H1N1, avian and pandemic flu information, including a family guide and planning checklist. [www.flu.gov](http://www.flu.gov)
- **Ready Navy:** This website, aimed at supporting the Navy family, provides the latest information on how to prepare for various emergencies. [www.ready.navy.mil](http://www.ready.navy.mil)
- **Pandemic Influenza Watchboard:** Provides information and resource links for military personnel, civilian employees, and their families. <http://Fhp.osd.mil/aiWatchboard>
- **U.S. Department of State:** Provides tips on options for traveling abroad during a pandemic. [http://travel.state.gov/travel/tips/health/health\\_3096.html](http://travel.state.gov/travel/tips/health/health_3096.html)
- **World Health Organization:** Provides information about international efforts and outbreaks in specific regions. [www.who.int/topics/influenza/en](http://www.who.int/topics/influenza/en)

## Build a Kit:

- During a severe flu outbreak it may not be possible for you to get to a store, or supplies may be limited. It is important that you have extra supplies on hand to support you and your family. Maintaining an emergency kit with water and food with three days to two weeks worth of food is recommended. These supplies will also be helpful during other types of emergencies such as power outages and natural disasters.

## Make a Plan:

- Schools and daycare centers may close. Plan for children to stay at home for extended periods of time.
- Your work place could be affected. Ask your employer about flexible works schedules and leave policies.
- Be sure to talk with your family members and loved ones about how they will be cared for if they get sick, and/or what will be needed to care for them in your home.
- Hospitals and healthcare facilities may be overcrowded and service may be disrupted. Banks, restaurants, and government offices may be closed. Know what steps you need to take to ensure that you can access what you need.
- Prepare telephone and email contact lists to distribute necessary information.



- Store health supplies including pain relievers, stomach remedies, cough/cold medicine, fluid with electrolytes and vitamins. Also, if possible, store extra prescription medication.