

Encourage Your Community to Take Action to Help Slow the Spread of Influenza and Other Respiratory Illnesses

Did you know that an estimated 61 million people in the United States were sick during the 2009 H1N1 flu pandemic?

Responding to an influenza pandemic will require an integrated approach that includes both the development of a pandemic flu vaccine and the use of NPIs. Pre-pandemic planning is critical for developing a comprehensive communication plan that clearly explains the importance of both flu vaccination and NPIs in slowing the spread of flu in communities. Your communication plan should provide partners, stakeholders, and the public with information about seasonal and pandemic flu before each flu season and before a flu pandemic.

CDC has developed recommendations for preventing the spread of flu in communities. It is important that communities actively adopt and practice good personal health habits before a flu pandemic occurs. Educate key partners and stakeholders and the public about additional community NPI actions that may be recommended by public health officials, if a flu pandemic occurs. These actions can help keep people healthy.

EVERYDAY PREVENTIVE ACTIONS

Everyone should always practice good personal health habits to help prevent flu.



Stay home when you are sick. Stay home for at least 24 hours after you no longer have a fever or signs of a fever without the use of fever-reducing medicines.



Cover your coughs and sneezes with a tissue.



Wash your hands often with soap and water for at least 20 seconds. Use at least a 60% alcohol-based hand sanitizer if soap and water are not available.



Clean frequently touched surfaces and objects.

NPIs RESERVED FOR A FLU PANDEMIC

*Communities should be prepared to take these additional actions if recommended by public health officials.**



Stay home if someone in your house is sick.



Increase the space to at least 3 feet between people, and limit face-to-face contact in schools, workplaces, and at large events, as much as possible.



Temporarily dismiss students attending childcare facilities, K-12 schools, and institutions of higher education.



Modify, postpone, or cancel large events.

*These additional actions may be recommended for severe, very severe, or extreme flu pandemics.