

A stack of white papers with blue lines, slightly blurred, set against a light blue background.A blurred image of a clock face, showing numbers and hands, set against a light blue background.

Staying Well During a Pandemic

A stack of white papers with blue lines, slightly blurred, set against a light green background.A yellow clock face with black numbers and hands, set against a yellow background.

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What can you do?

- Prepare now – “Ready Together NJ”
- Know where to get reliable information as the incident unfolds
- Follow instructions provided by public health authorities





- ***Volunteer!***
- *Medical Reserve Corps*
- *Community Response Teams*
- *Local Emergency Services*



Prevent the spread of flu

- Cover your mouth and nose when you cough or sneeze
- Avoid touching your face
- Stay home if you are sick
- Wash your hands frequently



Wash Your Hands!

- Use warm water and soap
- Rub hands vigorously for 20 seconds
- Wash palms, backs, wrists, under fingernails and between fingers
- Rinse off all soap
- Dry hands with paper towel
- Use the paper towel to turn off the faucet
- Use the paper towel to open the bathroom door



Antibacterial soap is not more effective than regular soap and may promote antibiotic resistance.

Hand Sanitizers

- More than 20 published studies have shown that alcohol-based handrubs are effective as plain soap
- However, it is still recommended that when available to use soap and water

How to Use

- Apply alcohol gel or rinse to the palm of one hand, and rub hands together
- Cover all surfaces of your hands and fingers
- Include areas around/under fingernails
- Continue rubbing hands together until alcohol dries
- If you have applied a sufficient amount of alcohol hand rub, it should take at least 10 -15 seconds of rubbing before your hands feel dry



Masks

■ Surgical

- Protect against droplet spread
- Flu viruses are spread by droplets
- Centers for Disease Control and Prevention say surgical masks are effective for prevention of transmission of flu



■ N-95

- Protect from airborne transmission
- **Need to be fit-tested** or it is not any more effective than a simple surgical mask
- Some experts think it may be useful for healthcare workers who have prolonged contact with infected individuals





Other Measures

■ Social Distancing at Work

- Limit large group meetings and/or group outings
- Encourage employees to stay home if sick with respiratory symptoms
 - Send home if develop symptoms at work
- Ensure adequate soap, paper towels and tissues for employees
- Allow telecommuting, if possible



Resources

■ CDC

- www.cdc.gov/flu
- www.pandemicflu.gov

■ Department of Health and Senior Services

- www.nj.gov/health/flu
- Ready Together NJ

