

Be Prepared for Pandemic Influenza

Pandemic flu is a worldwide outbreak of a new strain of flu virus. During a flu pandemic, millions of people could get sick and even die. If pandemic flu occurs, here's what you can do to **Be Prepared**:



**Wash Your
Hands**



**Cough into Your
Sleeve**



**Stay Home
When You Are Sick**



**Stock Up on Food,
Water & Health Supplies**



**Have a Plan
for Your Family**



Flu Watch
BE PREPARED FOR
PANDEMIC FLU

www.ct.gov/ctfluwatch

For more information on pandemic flu and what you can do to prepare, visit www.ct.gov/ctfluwatch or call 2-1-1

CONNECTICUT DEPARTMENT OF
PUBLIC HEALTH

Keeping Connecticut Healthy