

DIFFERENT TYPES OF THE FLU

Before you proceed with preparations and protection measures, it is important to differentiate between the three types of influenza: **Seasonal, Avian and Pandemic**.

Seasonal flu

The **seasonal flu**, also known as "The Flu", is a human viral respiratory infection. It is self-limiting but can be serious and fatal in elderly and very young.

Symptoms: Sudden onset of fever over 38 degrees Celsius, headache, aching muscles, exhaustion, a sense of weakness, loss of appetite, chest discomfort, runny or stuffy nose, sore throat or dry cough.

Avian (Bird) flu

The **bird flu** is a viral infection, which normally occurs among birds. The exact way people get infected is not clear, but most cases appear to involve direct contact with infected birds. There are many different types of bird flu viruses, but experts are most concerned about the **H5N1 virus**, which has caused the largest number of cases of severe disease in humans.

Symptoms: As described for the seasonal flu, but also: diarrhea, vomiting, abdominal pain, chest pain, and bleeding from the nose and gums. In some reported cases: Difficulty in breathing, respiratory distress, a hoarse voice, and a crackling sound when inhaling, sometimes blood-tinted respiratory secretions.

Pandemic flu

The **pandemic** is a global outbreak of new human influenza. Three pandemics have occurred in the last 100 years. These were caused by an avian virus, which mutated into a human virus.

The **symptoms** can be similar to Avian Flu but you should seek medical attention immediately if the following occurs: Shortness of breath while resting or doing very little work, still fever and not feeling better after 5 days, painful or difficult breathing, coughing up a lot of phlegm or bloody sputum, wheezing, feeling better and then developing new fever, worsening cough with sputum, feeling very drowsy and others have difficulty waking you up or note you seem confused or disoriented.

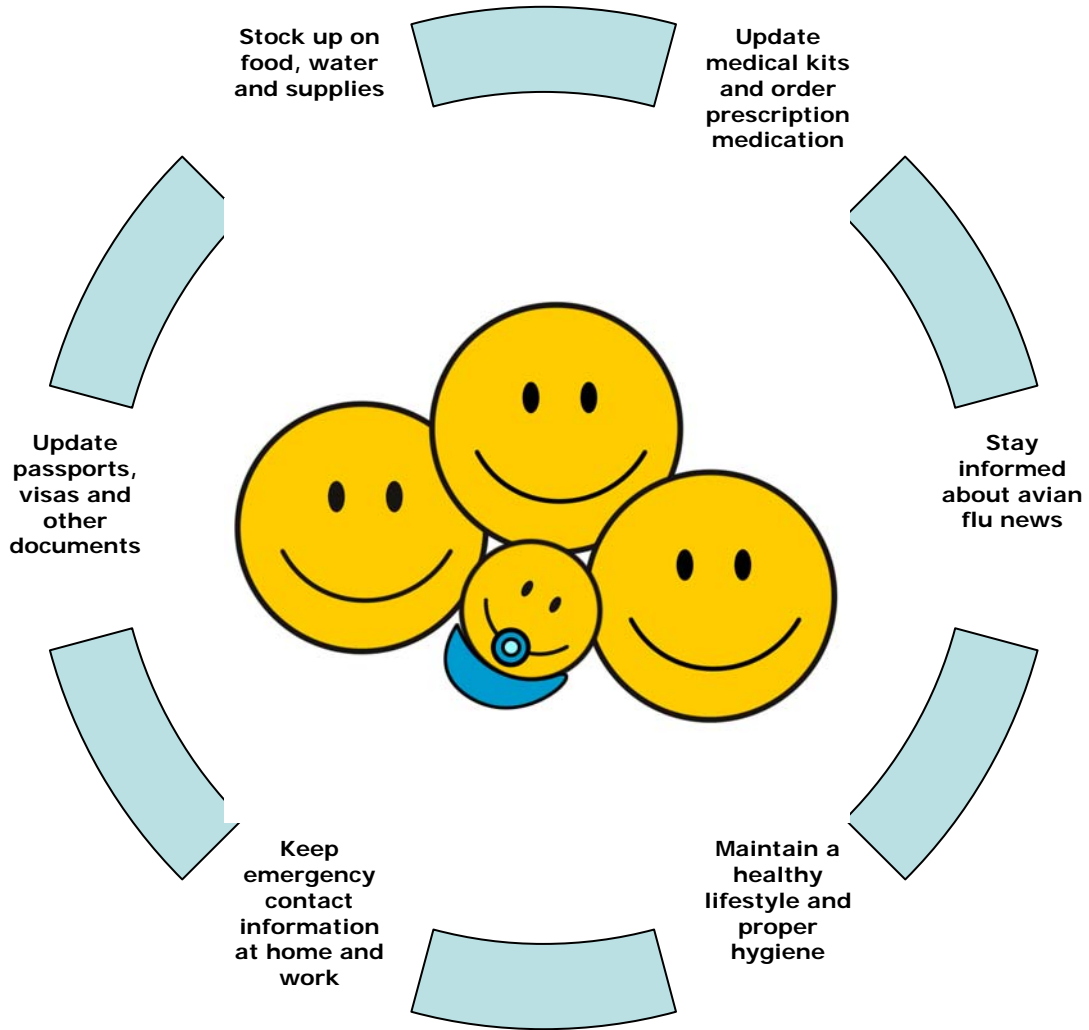
PROTECT YOURSELF!

These basic measures will help you maintain proper hygiene not just in the event of a pandemic flu outbreak, but also to prevent the spreading of sicknesses in general.

	
<p>When sneezing or coughing...</p> <ul style="list-style-type: none">• Cover your mouth• Wash your hands afterwards	<p>Wash your hands...</p> <ul style="list-style-type: none">• Before eating• After using the toilet• After coughing or sneezing
	
<p>When using eating utensils or drinking glasses...</p> <ul style="list-style-type: none">• Clean thoroughly after use• Don't share if not necessary	<p>Clean surfaces by...</p> <ul style="list-style-type: none">• Using soap and warm water or disinfectant• Rubbing surfaces thoroughly for at least 15 seconds

PREPARE YOURSELF!

Keep yourself and your family safe with these basic protection measures.



SHOPPING LIST

This is a suggested list of items to stock up on in advance to prepare for an emergency, such as a pandemic flu outbreak. Check off the boxes after you make your purchases in order to keep track of what you have.

<p>FOOD</p> <ul style="list-style-type: none"> <input type="checkbox"/> Canned food (meat, fish, vegetables) <input type="checkbox"/> Canned or bottled juices <input type="checkbox"/> Crackers <input type="checkbox"/> Dried fruit <input type="checkbox"/> Dried goods (noodles, rice) <input type="checkbox"/> Dry cereal (granola, dried nuts) <input type="checkbox"/> High-energy foods (protein/fruit bars) <input type="checkbox"/> Infant food and formula (canned or in jars) <input type="checkbox"/> Nuts and nut butters (e.g., peanut butter) <input type="checkbox"/> Oil (vegetable, corn, etc.) <input type="checkbox"/> Pet food <input type="checkbox"/> Seasonings (salt, pepper, sugar other spices) <input type="checkbox"/> Spreads (ketchup, mustard) <input type="checkbox"/> Vinegar 	<p>SUPPLIES</p> <ul style="list-style-type: none"> <input type="checkbox"/> Toothbrush and toothpaste <input type="checkbox"/> Personal hygiene: Soap, lotion, deodorant etc. <input type="checkbox"/> Battery-powered clock <input type="checkbox"/> Cleaning supplies <input type="checkbox"/> Disposable diapers <input type="checkbox"/> Feminine hygiene products <input type="checkbox"/> Fire extinguisher <input type="checkbox"/> Flashlight <input type="checkbox"/> Garbage bags <input type="checkbox"/> Manual can opener <input type="checkbox"/> Battery-powered radio <input type="checkbox"/> Tissues <input type="checkbox"/> Toilet paper
<p>WATER</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bottled water <input type="checkbox"/> Plastic bottles/containers for storage <input type="checkbox"/> Water purification kits or filters 	<p>FUEL</p> <ul style="list-style-type: none"> <input type="checkbox"/> Batteries <input type="checkbox"/> Candles <input type="checkbox"/> Gasoline/petrol/diesel for car <input type="checkbox"/> Paraffin lamps
<p>MEDICAL KITS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fever reducing medication (Paracetamol) <input type="checkbox"/> Thermometer <input type="checkbox"/> Face masks <input type="checkbox"/> Adhesive tape, two-inch width <input type="checkbox"/> Antiseptic wipes <input type="checkbox"/> Bandages, various sizes <input type="checkbox"/> Cold pack <input type="checkbox"/> Fluid with electrolytes <input type="checkbox"/> Pairs of medical grade non-latex gloves <input type="checkbox"/> Scissors/Tweezers <input type="checkbox"/> Sterile dressing, small and large <input type="checkbox"/> Waterless alcohol-based hand sanitizer 	<p>LEISURE ITEMS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Books <input type="checkbox"/> Diary/journal <input type="checkbox"/> Drawing materials <input type="checkbox"/> Games <input type="checkbox"/> Toys