

PANDEMICS!

Pandemic refers to an infectious disease that spreads throughout the global population. This differs from an epidemic. While just as serious, an epidemic is usually contained within a region or country. Historically, pandemics have centered on a new strain of influenza. You can prepare now against a potential pandemic by practicing good health habits, including eating well, drinking lots of water, exercising on a regular basis and getting plenty of rest. Ask your health care provider about getting a seasonal flu shot. An annual flu shot is one of the most effective ways to prevent catching or spreading the flu virus.

For more information, please visit the

[Ministry of Health and Long-Term Care.](#)

GENERAL TIPS!

Wash your hands often with soap and water thoroughly for about 15 seconds, including:

- **Before and after eating!**
- **After you have been in a public place!**
- **After using the washroom!**
- **After coughing and sneezing!**
- **After touching surfaces that other people also touch!**

[Tips On Proper Hand-Washing!](#)

PREPARE NOW!

Consider adding additional items to your emergency survival kit such as:

- **Alcohol-based hand sanitizer containing between 60 and 90 per cent alcohol!**
- **Medicine for headache, cough, and fever... Consult with your pharmacist for advice if you buy over-the-counter medicine!**
- **Thermometer!**
- **Anti-diarrheal medication!**
- **Beverages with electrolytes!**