Pandemic Influenza

Pandemic influenza is a global outbreak of disease that occurs when a new influenza virus appears in the human population, causes illness, and then spreads easily from person to person worldwide. Pandemics are different from seasonal outbreaks of influenza. Seasonal outbreaks are caused by subtypes of influenza viruses that already circulate among people, while pandemic outbreaks are caused by new subtypes or by subtypes that have not circulated among people for a long time.
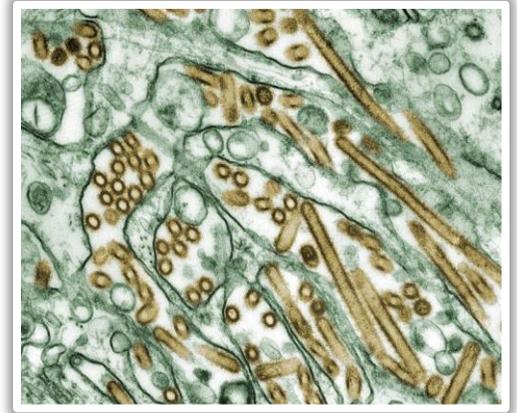
Good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu.

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- Stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Wash your hands often to help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth.
- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

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