

流行感冒：什么是流行感冒及该如何准备

Pandemic Flu: What it is and How to Prepare

When many people get a disease at the same time, it is called a pandemic. Pandemic flu is caused when people get sick or infected from a new flu virus. This type of flu spreads easily from person to person and can cause many people to become very ill or die.

Signs of Flu

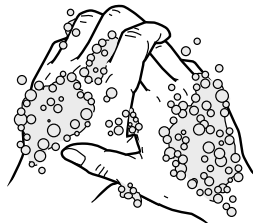
The signs of seasonal flu are fever, cough, sore throat, runny or stuffy nose, muscle aches, headache, chills and fatigue. Some people have vomiting and diarrhea. The signs of pandemic flu are the same, but they may be more severe and affect more people. With pandemic flu, healthy adults may be at increased risk for problems.

Controlling the Spread of the Flu

Health experts will test the new flu virus to see if medicines used to treat and prevent seasonal flu are effective. It may take six months or longer to make a vaccine for a new flu virus. The supply of vaccine will be small at first.

To help prevent spreading the flu, be sure to:

- **Wash your hands often with soap and water.** Use alcohol-based hand sanitizer when soap and water are not available.
- **Avoid touching your eyes, nose and mouth.** The flu often spreads this way.



当很多人同时得一种病时，这称为流行病。许多人由一种新感冒病毒而致病或受感染，就会引起流行感冒。这一类感冒容易以人际方式散布并引起许多人生重病或死亡。

流行感冒症状

季节性感冒的症状是发烧、咳嗽、嗓子疼、流鼻涕或鼻塞、肌肉疼痛、头痛、发寒和疲倦。有些人还会呕吐和腹泻。流行感冒的症状是相同的，但症状可能会更严重并影响更多人。由于流行感冒，健康成人得病的风险可能会更大。

控制流感的扩散

卫生专家会测试新流感病毒，研究用于治疗 and 预防季节性感冒的药物是否有效。制造流行感冒的疫苗可能要花六个月或更长时间。开始只能提供少量疫苗。

为有助于防止感冒扩散，请务必：

- **常用肥皂和水洗手。**没有肥皂和水的时候，请使用含酒精洗手剂。
- **避免触碰您的眼、鼻和嘴。**感冒经常以这种方式扩散。

- **Cough or sneeze into the bend of your arm, not your hands.**

If you have a tissue, cover your mouth and nose when you cough or sneeze. Throw the tissue away, and then wash your hands.



- **Clean surfaces**, such as countertops, sinks, faucets, doorknobs, telephones and light switches with a disinfectant cleaner or a cleaner with bleach. You can also mix your own water and bleach solution. Mix 10 parts water with one part bleach.

- **Limit your contact with people who are ill.**

- Avoid shaking hands, hugging and kissing if you are ill and with others who are ill. Stay 6 feet away from those who are ill.

- **Stay away from others when you are sick.** Stay home from work, school or running errands. Leave home only for medical care and be sure to wear a disposable respirator.

- **Get a full night's rest, eat a healthy diet and drink at least 8 glasses of fluids each day.**



Image: OSHA, U.S. Dept. of Labor

- **咳嗽或打喷嚏请以手臂掩住, 而不要用手。**当您咳嗽或打喷嚏时, 如果有纸巾, 请用纸巾掩住口鼻。丢掉纸巾并洗手。
- 请用消毒清洁剂或含漂白剂的清洁剂**清洁物体表面**, 如台面、水池、水龙头、门把手、电话和灯的开关。您也可自己制作水和漂白剂的溶剂。混合10份水和一份漂白剂。
- **限制您自己和那些病人的接触。**
- 您生病时, 请避免握手、拥抱和接吻, 也避免和其他病人握手、拥抱和接吻。要与病人保持6英尺(约1.83米)的距离。
- **当您生病时, 请避开其他人。**请呆在家里不要上班、上学或外出办事。只有在看病的时候才能外出, 而且一定要戴上一次性呼吸防护罩。
- **休息一整夜, 吃一顿健康餐, 每天至少饮八杯液体。**

Plan Ahead

Plan ahead to help protect you and your family and limit the effects of pandemic flu.

If many people are ill with pandemic flu:

- Hospitals and doctors' offices will be very busy.
- You may need to stay home to care for ill family or children.

提前计划

提前计划有助于保护您和您的家人, 并限制流行感冒的影响。

如果很多人得了流行感冒:

- 医院和医生诊所会很忙。
- 您可能要留在家中照顾生病的家人或孩子。

- Schools and child care centers may close.
- Stores may be in short supply of food, water, medicines and medical supplies.
- Special events or religious services may be cancelled.

Use these three steps to prepare:

1. Make a plan for you and your family at home and at work.
2. Prepare an emergency kit of supplies.
3. Listen for information about what to do and where to go during a flu outbreak.

Step 1. Make a Plan

Your Plan for Home

Talk to your family about this plan so they know what to do. Your plan should include:

- Health information for each member of the family, including date of birth, blood type, allergies, past and current medical problems, current medicines and dosages, medical equipment and copies of medical insurance cards.
- Someone to care for your children at home in case you cannot be there or you become ill.
- An emergency phone and e-mail contact list. Share it with family members, work, schools and child care centers.
- Local and out-of-town emergency contacts.
- Doctors' names and phone numbers.
- Locations of hospitals, clinics and urgent cares near work, school and home.
- Locations of local and state health departments and their phone numbers.

- 学校和托儿所可能会关闭。
- 商店对食物、水、药和医疗用品的供应可能会短缺。
- 有些特别活动或宗教仪式可能会被取消。

用此三步骤作准备：

1. 请为您和您的家人制定在家和在工作场所的计划。
2. 准备一个紧急用品包。
3. 请收听感冒爆发期间该做什么和该去哪里信息。

第 1 步. 制定一个计划

您在家的计划

请对您的家人说明这个计划, 以便他们知道该做什么。您的计划应该包括：

- 每位家人的健康信息, 包括生日、血型、过敏、过去和现在的病况、目前用药和剂量、医用器具以及医疗保险卡的复件。
- 某个当您万一不能在场或您生病时可在家照顾您孩子的人。
- 一份急救电话和电邮联络单。请给家人、工作地、学校和托儿所各一份。
- 本地和外地紧急联系人。
- 医生名字和电话号码。
- 靠近工作地、学校和住家的医院、诊所和紧急护理地点。
- 当地和州卫生部门的地点和电话号码。

- Pharmacy name and phone number.
- Religious or spiritual information.

Your Plan for Work

If you work:

- Discuss work policies with your boss.
Ask:
 - How the business will continue during a pandemic.
 - If you can take time off to care for yourself or a family member.
 - If you can work from home or if you are expected to come to work.
- Understand you may be asked to stay home from work or come in and do other tasks.
- Plan for less or no income if you are unable to work or the company closes.

If you own a business:

- Make an emergency plan and talk to your employees about it. Test and revise your plan as needed.
- Decide which employees and supplies are needed to maintain the business.
- Provide infection- control supplies such as hand sanitizer, tissues and waste cans for soiled items.
- Look at how pandemic flu could impact business' finances, shipping and travel.
- Define your policies on employees working from home, caring for ill family or paying for employee illness.

- 药房名称和电话号码。
- 宗教或信仰方面的信息。

您对工作的计划

如果您工作:

- 和您的老板讨论工作政策。请询问:
 - 企业在流行病期间将如何持续。
 - 您是否能请假照顾您自己或某位家人。
 - 您是否能在家工作或您需要来上班。
- 请了解您可能会被要求留在家中或来上班做其他工作。
- 请计划如果您不能工作或公司关闭而导致您的收入减少或无收入的情形。

如果您拥有一个商业生意:

- 请制定一个紧急事件计划并和您的员工谈一谈。如需要, 请测试并修订您的计划。
- 请定好哪些员工和供材是维持商业运作所需要的。
- 请提供感染控制物品, 如手清洁剂、纸巾和装污物的垃圾桶。
- 流行感冒可能会影响企业的财务、出运和出差。
- 就员工在家工作、照顾患病家人或支付雇员病假各项制定您的政策。

Step 2. Prepare an Emergency Kit

Have a two week supply of these items for each person and pet.

Food and Other Items

- Water in clean, sealed plastic containers – store 1 gallon for each person for each day
- Electrolyte drinks such as Gatorade, Powerade or Pedialyte (for children)
- Bananas, rice, applesauce and toast or crackers for nausea, vomiting or diarrhea
- Ready- to- eat canned meats, fruits and vegetables
- Manual can opener
- Protein or fruit bars
- Dry cereal, granola, nuts and crackers
- Peanut butter
- Dried foods such as dried fruit and dehydrated meals
- Canned juices
- Powdered milk or cans of evaporated milk
- Cans or jars of baby food and baby formula
- Pet food

第 2 步. 准备一个紧急用品包

请为每人和每只宠物准备以下各项两周的供给。

食物和其他项

- 水装在干净、密封塑料容器中 – 为每人每天储存 1 加仑水
- 电解质饮料, 例如 Gatorade、Powerade 或 Pedialyte (儿童使用)
- 香蕉、米饭、苹果酱、烤面包片或饼干, 在恶心、呕吐或腹泻时食用
- 打开即食的罐头肉类、水果和蔬菜
- 手动开罐器
- 蛋白质或水果条棒
- 干麦片、格兰诺拉麦片、坚果和饼干
- 花生酱
- 干食物, 如干果和脱水餐
- 罐装果汁
- 奶粉或罐装炼乳
- 罐装或瓶装婴儿食品和婴儿配方奶
- 宠物食品

Medical, Health and Emergency Items

- Prescribed health supplies
- Prescription medicines
- Over-the-counter medicines to treat fever, pain, stomach problems, coughs, colds and diarrhea
- Health information for each member of the family
- Soap and alcohol-based hand sanitizer
- Tissues and toilet paper
- Baby supplies such as diapers and bottles
- Digital thermometer
- Trash bags
- Cleaning supplies
- Money

Step 3. Listen for Information

- Stay calm and get as many facts as you can.
- Listen for reports on the television, radio or Internet.
- For current information, go to www.pandemicflu.gov or www.flu.gov. This may only be available in English and Spanish.

医药、健康和急救品

- 处方健康用品
- 处方药物
- 治疗发烧、疼痛、胃病、咳嗽、感冒和腹泻的非处方药
- 每个家庭成员的健康信息
- 肥皂和酒精洗手剂
- 纸巾和厕所用纸
- 婴儿用品, 如尿布和奶瓶
- 数字温度计
- 垃圾袋
- 清洁用品
- 钱

第 3 步. 请收听信息

- 请保持平静并尽量获取最多的事实。
- 请收听电视、广播电台或互联网的报道。
- 请访问www.pandemicflu.gov或www.flu.gov了解最新信息。网站可能只有英文和西班牙文版本。