

CORONAVIRUS PREPAREDNESS FOR A PANDEMIC



WHAT IS A PANDEMIC?

A pandemic is a disease epidemic that has spread across a large region, for instance multiple continents, or worldwide. *Wikipedia 14 March 2020.*

In a pandemic depending on the virus and fatality rate, many people who become infected may show few symptoms, and many are likely to survive.

However, depending on the scale of the pandemic, there can be a slowdown in supply chains and weakening of economies worldwide. Children may be asked to stay home from school to avoid the spread of the disease, and places of business may temporarily close down. People might panic buy and to stock up on essentials all at the same time, and cause the supermarkets to be out of stock.

It is worth being prepared so that you can be comfortable staying home if you or someone in your family does get sick and needs to remain in isolation, or if you're unable to easily purchase supplies at short notice.

MAKING PLANS FOR PANDEMIC

What if you are quarantine to your home: get sick, mental disorder, mental illness, no work, no school – how do you care for them, are you a care giver or need care, did you secure your business, do you have enough money saved up.

Medical personnel may be forced to reconsider exposing themselves by taking care of the sick.

Current political party members take care of their own first.

Know your emergency numbers

Know work and school contact numbers

Think, prepare and stock up

ISOLATION AND QUARANTINE

What is the difference between isolation and quarantine?

Isolation and quarantine are public health practices used to stop or limit the spread of disease.

Isolation is used to separate ill persons who have a communicable disease from those who are healthy. Isolation restricts the movement of ill persons to help stop the spread of certain diseases. For example, hospitals use isolation for patients with infectious tuberculosis.

Quarantine is used to separate and restrict the movement of well persons who may have been exposed to a communicable disease to see if they become ill. These people may have been exposed to a disease and do not know it, or they may have the disease but do not show symptoms. Quarantine can also help limit the spread of communicable disease.

Isolation and quarantine are used to protect the public by preventing exposure to infected persons or to persons

who may be infected. *US Department of Health and Human Sciences* <https://www.hhs.gov/answers/public-health-and-safety/what-is-the-difference-between-isolation-and-quarantine/index.html>

WHAT SHOULD YOU DO BEFORE A PANDAMIC IS DECLARED?

WHAT TO DO?

- Keep calm
- Stay informed with reliable sources
- Be skeptical with online information until you verify the information
- Listen to medical missionaries and trusted folks, the scripture and good science
- It can be difficult and challenging to maintain pure air in the home and have pets in the home so prepare for them

STOCK UP ON ESSENTIALS

- Two weeks supply of water for everyone in your home including pets
- Store at least a two-months' supply of healthy food
- Store food for infants
- Other essential supplies for infants
- Store medical prescription with long expiry dates
- Essentials for the elderly (medication, pampers, personal care products)

CLEANING SUPPLIES

- Liquid Soap
- Shampoo
- Deodorant
- Wipes
- Disinfectant wipes

EMERGENCY NATURAL CARE KIT

- Natural pain relievers
- Cough and cold remedies
- Face mask – nose and mouth
- Fomentation pads
- Sheets
- Ice packs
- Hot water bottle
- Enema kit
- Temperature gauge

WHAT DO WE DO IN THE MIDST OF A PANDEMIC?

Reference: <https://www.sciencealert.com/how-should-you-prepare-for-a-pandemic>

- Cover your mouth and nose when you sneeze and cough, preferably with a tissue you can then discard hygienically, or with your elbow.
- If you choose to wear a face mask, keep in mind its effect depends on the type of mask, and is probably not as effective at protecting you (or others) as you might think.
- Wash your hands properly and frequently, preferably with an alcohol-based sanitizer.

- If you get sick, do everything you can to avoid passing it on to work colleagues, community members, and loved ones. Isolate yourself if possible, and if you need to be out, do your best to keep your hands to yourself, and stay at least 3 meters (9.8 feet) away from other bodies. If you do need to go out in public, wearing a mask can stop droplets reaching others.
- Avoid crowded spaces
- Be mindful with attending gatherings, meetings or schools
- Self-quarantine if sick
- Keep a strong immune system
- Know your quarantine sites
- Know your emergency numbers
- Have ready access to necessary medical records and details on your personal health needs, if possible, in a hard copy.
- Ensure essential prescription drugs are topped up.
- Replenish food and supplies as they are consumed

PLACES TO AVOID

- Public places - Grocery store or library
- Health officials recommend to simply be mindful of avoiding close contact with people who may be sick.

For further information, please contact www.nhtlh.com