English:

**Influenza Outbreak**

**Response Guide**

**Individuals and Families**

Influenza is a highly contagious disease. The symptoms can range from mild to severe, including fever, cough, and muscle pain. In severe cases, it can cause difficulty breathing or chest pain, vomiting, and confusion.

**Get the Vaccine.**

Get the influenza vaccine when it is available. The vaccine is the best way to avoid getting the flu. Find out where the vaccines are available.

**Cover Your Mouth and Nose.**

Cover your mouth and nose when you cough or sneeze. If a tissue is not available, sneeze into the crook of your elbow, not your hands. This can help prevent others from catching the flu.

**Avoid Touching Your Face.**

Viral influenza can spread through touch. Avoid touching your face, nose, or eyes. Wash your hands.

**Wash Your Hands.**

Wash your hands frequently to prevent the spread of germs. Use soap and water, or sing "Happy Birthday" twice, and then wash your hands.

**Stay at Home.**

Stay at home for 24 hours after your symptoms improve. Most people recover without treatment. However, if your symptoms become severe, call a doctor.

**General Advice**

Get health information from reliable sources: cdc.gov, nyc.gov (Notify NYC). To report an emergency, call 911. For more information about other options, visit Notify NYC, lifenet.nyc, or cdc.gov or nyc.gov.
المجموعة التالية من الأشخاص هم الأكثر عرضة لخطر الإصابة بحالة مرضية شديدة أو تتطلب حالاتهم تلقي علاج طبي للإنفلونزا.

- الأشخاص البالغون من العمر 65 عامًا أو أكثر
- السيدات الحوامل
- الأطفال البالغون أقل من 5 سنوات، ولكن بالأخص الأطفال البالغون أقل من سنتين من العمر
- الأشخاص المصابون مسبقًا بحالة طبية، مثل الربو
- الأشخاص الذين يعانون من مرض مزمن بالرئة، مثل مرض الانساند الرئوي المزمن (COPD) أو التليف الكيسي
- الأشخاص المصابون بمرض في القلب، مثل مرض قلبي خفيف أو فشل القلب أو اضطرابات القلب الانتقائي أو اضطراب الشريان التاجي
- الأشخاص المصابون بضعف في الجهاز المناعي بسبب مرض أو دواء، مثل الأشخاص المصابين بمرض نقص المناعة البشرية أو الإيدز أو السرطان أو الأشخاص المعاطفين للستيرويدات
- الأشخاص الذين يكونون على اتصال قريب بأشخاص معرضين لخطر الإصابة بمضاعفات، مثل العاملين بالرعاية الصحية والأشخاص الذين يقومون برعاية الأطفال الرضع الأصغر من السن المناسب لتلقي اللقاح.

تواصل.

- تواصل مع عائلتك أو أصدقائك أو جيرانك عند احتياجك لمساعدة. قد يستطيع أحد الأشخاص في مجتمعك مساعدتك في الحصول على طعام أو دواء أو أشياء مهمة أخرى.
- احمل نفسك وقدم الاعون لأي شخص تعرضه قد يكون في خطر.
An influenza pandemic is a widespread flu outbreak. Mild symptoms of influenza include fever and cough. Severe symptoms include trouble breathing or shortness of breath, pain or pressure in the chest or stomach, bluish skin color, dizziness or confusion, nausea or vomiting, or increasing fever.

**Cover your cough and sneeze.**
- Cover your mouth and nose with a tissue when you cough or sneeze. If you do not have a tissue, cough or sneeze into your elbow, not your hands. It can prevent others from getting sick.
- Avoid touching your face. Influenza viruses can enter your body through your nose, mouth or eyes.

**Wash your hands.**
- Wash your hands often to avoid spreading germs. Use soap and warm water, and count to 20 or sing “Happy Birthday.”

**Get vaccinated.**
- When the pandemic influenza vaccine is available, get vaccinated. It is the best way to prevent influenza. Find vaccination sites at [http://www.nyc.gov](http://www.nyc.gov) or by calling 311.

**Stay home if you are sick.**
- If you get sick, stay at home until 24 hours after your symptoms are gone. People with the flu usually recover without medical treatment. If you have questions, call 311.
- If your symptoms are severe, seek medical care immediately.
- Speaking with a doctor may be difficult during an influenza pandemic because many people may be ill. Call 311 or visit [http://www.nyc.gov](http://www.nyc.gov), [http://www.cdc.gov](http://www.cdc.gov) or [http://www.flu.gov](http://www.flu.gov) for more information about other options.

**GENERAL GUIDELINES**
- Get health information from credible sources (nyc.gov, cdc.gov and 311).
- Sign up for Notify NYC for information about emergency events.
- If you or anyone you know feels overwhelmed or needs help coping, visit lifenet.nyc for free help in your language.
- In an emergency, always call 911.
Know who is at risk.

- The following groups of people are at highest risk of becoming seriously ill or requiring medical treatment for influenza.
  - People 65 years or older
  - Pregnant women
  - Children younger than 5 years old, but especially children younger than 2
  - People with a pre-existing medical condition, such as asthma
  - People with chronic lung disease, such as chronic obstructive pulmonary disease (COPD) or cystic fibrosis
  - People with heart disease, such as congenital heart disease, congestive heart failure or coronary artery disease
  - People with weakened immune systems due to disease or medication, such as people with HIV, AIDS or cancer, or people on steroids
  - Those in close contact with people at risk of complications, like healthcare workers and people who care for infants too young to be vaccinated

Reach out.

- Reach out to family, friends or neighbors if you need help. Someone in your community may be able to help you get food, medicine or other important items.
- Protect yourself and reach out to anyone you know who may be at risk.