



大流行性流感 应对指南



大流行性流感是一种广泛传播的流感爆发。流感的轻微症状包括发热和咳嗽。严重症状包括呼吸困难或气短、胸部或腹部疼痛或有压迫感、肤色发青、头晕或意识模糊、恶心或呕吐，以及发热加剧。



咳嗽和打喷嚏时遮住口鼻。

- ▶ 当您咳嗽或打喷嚏时，请用纸巾遮住口鼻。如果没有纸巾，咳嗽或打喷嚏时请用手肘遮挡而不用手，这样可以防止别人被传染。
- ▶ 避免触摸您的面部。流感病毒可通过鼻、口或眼睛进入您的身体。



洗手。

- ▶ 勤洗手以防止病菌传播。洗手时使用香皂和温水，数到 20 或唱完“生日快乐”歌再停下。



接种疫苗。

- ▶ 当有大流行性流感疫苗时，请接种疫苗。这是预防流感的最佳方式。请访问 <http://www.nyc.gov> 或拨打 311 查找疫苗接种地点。



如果生病请待在家中。

- ▶ 如果您生病了，请待在家中直至症状消失后 24 小时。流感患者通常无需药物治疗即可自愈。如您有任何问题，请拨打 311。
- ▶ 如果您的症状很严重，请立即寻求医疗照护。
- ▶ 在大流行性流感期间难以找到与医生交流的机会，因为生病人数会很多。有关其它可选方案的更多信息，请拨打 311 或访问 <http://www.nyc.gov>、<http://www.cdc.gov> 或 <http://www.flu.gov>。

通用指南

- ▶ 从可靠来源获取健康信息（如 nyc.gov、cdc.gov 和 311）。
- ▶ 注册 Notify NYC（纽约资讯）以获取关于紧急事件的信息。
- ▶ 如您本人或认识的任何人感到不知所措或需要帮助，请访问 lifenet.nyc 以获取以您所用语言提供的免费帮助。
- ▶ 如遇紧急情况，请随时拨打 911。



了解高风险人群。

- ▶ 以下人群患流感后病情加重或需要治疗的风险最高。
 - ▶ 65 岁以上的人
 - ▶ 孕妇
 - ▶ 5 岁以下（特别是 2 岁以下）的儿童
 - ▶ 有哮喘等预先存在的疾病的人
 - ▶ 患有慢性阻塞性肺病 (COPD) 或肺囊性纤维化等慢性肺病的人
 - ▶ 患有先天性心脏病、充血性心力衰竭或冠心病等心脏病的人
 - ▶ 因疾病或服用药物而导致免疫系统弱的人，例如患有 HIV、AIDS、癌症的人，或服用类固醇药物的人
 - ▶ 密切接触具有并发症风险患者的人，如医务人员以及照顾因年龄过小而无法进行疫苗接种的婴儿的人



伸出援手。

- ▶ 如果您有困难，请向家人、朋友或邻居寻求帮助。您社区中的相关人员可能会帮您获取食物、药物或其它重要物品。
- ▶ 保护自己并帮助您所知道的可能处于危险中的人。



PANDEMIC INFLUENZA RESPONSE GUIDE



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> 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.cdc.gov> or <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.