



EPIDEMI INFLUENZA GID POU JWENN REPONS



Yon epidemi influenza se yon deklanchman jeneral maladi grip la. Kèk nan sentòm influenza se lafyèw ak tous. Kèk nan sentòm grav yo se twoub respirasyon oswa souf kout, doule oswa presyon nan pwatrin oswa lestomak, koulè po kò a ki sanble ble, vètij oswa konfizyon, kèplen oswa vomisman, oswa ogmantasyon lafyèw.



Kouvri bouch ou lè w ap touse ak etènne.

- ▶ Kouvri bouch ou ak nen ou avèk klinèks lè w ap touse oswa estènne. Si ou pa gen klinèks, touse oswa estènne nan koud-bra ou, pa nan men ou. Sa kapab anpeche lòt moun vin malad.
- ▶ Evite manyen figi ou. Viris influenza kapab pase nan nen ou, bouch ou oswa zye ou pou antre nan kò ou.



Lave men ou.

- ▶ Lave men ou souvan pou pa simaye jèm yo. Sèvi ak savon ak dlo cho, epi konte jiska 20 oswa chante « Jwaye Anivèsè ».



Pran vaksen.

- ▶ Lè gen vaksen ki disponib kont epidemi influenza, pran vaksen an. Se pi bon fason pou evite influenza. Jwenn sant vaksinasyon yo sou sitwèb <http://www.nyc.gov> oswa rele 311.



Rete lakay ou lè ou malad.

- ▶ Si ou vin malad, rete lakay ou jiska 24 èdtan apre sentòm ou yo ale. Anjeneral, moun ki gen grip refè san yo pa swiv tretman medikal. Si ou gen kesyon, rele 311.
- ▶ Si sentòm ou yo grav, chèche swen medikal imedyatman.
- ▶ Li ka difisil pou pale avèk yon doktè pandan yon epidemi influenza paske anpil moun ka malad. Rele 311 oswa ale sou sitwèb <http://www.nyc.gov>, <http://www.cdc.gov> oswa <http://www.flu.gov> pou jwenn plis enfòmasyon sou lòt posiblite yo.

GID JENERAL

- ▶ Chèche jwenn enfòmasyon sou sante nan sous ou fè konfyans (nyc.gov, cdc.gov ak 311).
- ▶ Enskri pou Notify NYC pou jwenn enfòmasyon sou evènman ijans yo.
- ▶ Si oumenm oswa nenpòt moun ou konnen panse li akable oswa bezwen èd pou siviv, ale sou sitwèb lifenet.nyc.gov pou jwenn èd gratis nan lang natifnatal ou.
- ▶ Nan yon ijans, toujou rele 911.



Konnen ki moun ki arisk.

- Gwoup moun ki endike anba la yo se moun ki pi arisk pou yo vin maladi grav oswa pou yo bezwen tretman medikal pou influenza.
 - Moun ki gen laj 65 ane oswa plis
 - Fanm ansent yo
 - Timoun ki poko gen laj 5 kan, men sitou timoun ki poko gen laj 2 zan
 - Moun ki gen deja yon pwoblèm medikal, tankou opresyon
 - Moun ki gen maladi poumon kwonik, tankou maladi pilmonè obstriktif kwonik (chronic obstructive pulmonary disease, COPD) oswa fibwoz sistik
 - Moun ki gen maladi kè, tankou maladi kè depi lè yo fè, ensifizans kadyak konjestif oswa maladi atè kowonè
 - Moun ki gen sistèm defans yo fèb akòz maladi oswa medikaman, tankou moun ki gen VIH, SIDA oswa kansè oswa moun ki sou estewoyid
 - Moun ki gen kontak sere avèk moun ki arisk pou konplikasyon, tankou travayè swen sante, ak moun k ap pran swen tibebe ki twò jèn pou yo vaksinen



Kontakte yo.

- Kontakte fanmi ou, zanmi ou oswa vwazen ou si ou bezwen èd. Yon moun ki nan kominote ou kapab ede ou jwenn manje, medikaman oswa lòt atik enpòtan.
- Pwoteje tèt ou epi kontakte nenpòt moun ou konnen ki ka arisk.



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.