

Pandemic Influenza (Flu)

Are You Prepared?

Know how to reduce your risk!

www.peelpandemic.ca - 905-799-7700

**pandemic
influenza
planning**

 **Region of Peel**
Working for you
Public Health

Protecting myself and my family

- Get your annual flu shot and keep your immunizations up-to-date
- Practise good respiratory etiquette
- Wash your hands with soap and water or an alcohol-based hand cleaner
- Know how to care for sick family members
- Stay at home when you are sick
- Keep at least one metre away from others to prevent the spread of flu
- Maintain one week of essential supplies



What is pandemic flu?

- a new highly infectious viral respiratory illness
- occurs when a new strain of the flu virus appears and spreads quickly around the world

Experts say that up to 25-35 per cent of the population may get pandemic flu at some point.

How is Peel prepared for pandemic flu?

Peel Public Health

- has a plan to deal with pandemic flu
- is educating local organizations and businesses about pandemic flu
- is working to engage key stakeholders in developing a regional coordinated response
- is encouraging everyone to do their own planning for pandemic flu
- is working together with provincial and federal authorities to monitor flu activity around the world