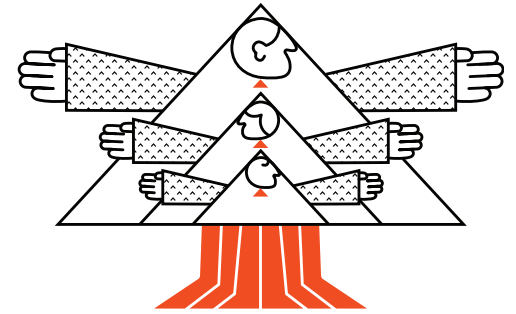


# DISEASE

Pandemics can spread quickly and unexpectedly. Here are some important tips to stay safe before and during a widespread pandemic or virus.



## 1 PREPARE

- Keep your health records in a safe, easily-accessible place.
- Store at least a two-week supply of food and water.
- Refill your prescription medications beforehand.
- Have any non-prescription drugs and other supplies on hand, such as pain relievers, stomach remedies, cold medicines, and vitamins.

## 2 DURING

- Stay away from others who are already sick. If possible, visit a doctor.
- Cover your mouth when coughing.
- Keep hands clean.
- Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

### Fast Facts



An epidemic is specific to one city, region, or country, but a pandemic spreads beyond national borders.



Pandemics spread quickly: with past flu pandemics, the virus reached all parts of the globe within 6 to 9 months.