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FOR IMMEDIATE RELEASE

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## **INDIANA ADULT IMMUNIZATION COALITION OFFERS FAMILIES TIPS FOR H1N1 FLU SEASON**

Indianapolis -- Pandemic planning requires that people and entities not accustomed to responding to health crises understand the actions and priorities required to prepare for and respond to these potential risks. The Indiana Adult Immunization Coalition (IAIC) is providing to help families create a plan in preparation of an H1N1 outbreak in Indiana.

Using the resources of the Centers for Disease Control, the IAIC is pleased to provide these and other resources so that families and individuals can protect themselves during an H1N1 outbreak.

### *Health Information*

“It is important to think about health issues that could arise if an influenza pandemic occurs, and how they could affect you and your loved ones,” said Tabitha Cross, Chair of IAIC. For example, if a mass vaccination clinic is set up in your community, you may need to provide as much information as you can about your medical history when you go, especially if you have a serious health condition or allergy. “You can create a family emergency health plan using the worksheets found at <http://www.flu.gov/plan/individual/familyhealthinfo.html>. Ideally, you should fill in information for each family member in the space provided. This can also help prepare for other emergencies,” Cross continued.

### *Home Preparedness*

You can prepare for an influenza pandemic now. You should know both the magnitude of what can happen during a pandemic outbreak and what actions you can take to help lessen the impact of an influenza pandemic on you and your family. This checklist will help you gather the information and resources you may need in case of a flu pandemic. You can download the full list of items to have on hand for an extended stay at home by visiting:

<http://www.flu.gov/plan/individual/checklist.html>

- Store a two-week supply of water and food. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies, such as power outages and other disasters.
- Periodically check your regular prescription drugs to ensure a continuous supply in your home.
- Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.

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*Home Preparedness*

“Another item to have handy is an emergency contact list. You carry one in your wallet, your car’s glove compartment, and keep one of the fridge door,” said Cross. A downloadable file is available at: <http://www.flu.gov/plan/individual/emergencycontacts.html>

*Prevention*

One of the easiest ways to avoid the flu is to get a flu shot and practice these prevention tips to limit the spread of germs and prevent infection:

- Teach your children to wash hands frequently with soap and water, and model the correct behavior.
- Teach your children to cover coughs and sneezes with tissues, and be sure to model that behavior.
- Teach your children to stay away from others as much as possible if they are sick. Stay home from work and school if sick.

*Additional Resources*

A variety of resources promoting immunization can be found at [www.immunizeadults.org](http://www.immunizeadults.org) or [www.flu.gov](http://www.flu.gov).

The Indiana Adult Immunization Coalition is a voluntary group of health and older adult focused organizations dedicated to eradicating vaccine preventable deaths and disease among adults. The Coalition promotes education and outreach activities to increase awareness of and participation in adult immunizations.