

VI. Sample E-mail on Pandemic Flu Preparedness

You may have heard about the threat of a flu pandemic. The Centers for Disease Control and Prevention (CDC) and other leading health experts say it is not a question of IF a pandemic will occur, but WHEN it will occur.

According to the U.S. Department of Health and Human Services (HHS), a flu pandemic can start anywhere, will spread quickly, will be widespread, and will affect multiple areas of the United States and other countries at the same time.

A flu pandemic can affect as much as 40 percent of the population during periods of peak illness. It is important to be aware that our Nation and our community will be affected in many ways, including widespread illness, disruptions to child care and transportation, and a possible shortage of supplies.

It is important for everyone to take action at home to prepare for a flu pandemic.

Here's what health experts recommend doing:

1. Be informed. Knowing the facts is the best preparation.
2. Stock up on food, medicines, and other essential supplies to make it easier to stay at home for an extended period of time. See the attached checklist for suggested items.
3. Take steps to limit the spread of germs. Wash your hands regularly, and cough or sneeze into a tissue or your sleeve.
4. Plan for what you might do if schools are dismissed, if you can't go to work, or if a family member needs care.

More information about protecting yourself and your family can be found at www.pandemicflu.gov.

Your health and safety is our number one priority, and we encourage you to prepare now before a pandemic occurs.

