

# New Jersey is preparing for a flu pandemic.

## Are you?

The New Jersey Department of Health and Senior Services has been preparing for a possible flu pandemic, a worldwide flu that could affect thousands of people like you and your family.

In case a flu pandemic occurs, we have increased our ability to detect and contain health threats and to efficiently communicate with health care professionals and the general public.

## Be ready.

Although we don't know when the next flu pandemic will occur or how severe it will be, there are steps you should take now to protect yourself and those around you.



## Have a plan.



- Visit [www.NJflupandemic.gov](http://www.NJflupandemic.gov) to find checklists that help families, businesses and schools prepare
- Maintain a supply of food and water in case health officials instruct you to stay home
- Have emergency contact phone numbers available

## Practice healthy habits.



- To prevent the spread of harmful germs:
- Wash your hands thoroughly with soap and water
  - Cover your coughs and sneezes, and dispose of tissues
  - Stay home if you're sick

## Get informed & stay informed.



- Learn as much as possible about a potential flu pandemic before it occurs
- Listen to advice from medical experts
- Check [www.NJflupandemic.gov](http://www.NJflupandemic.gov) regularly for the latest information and valuable resources

Visit [www.NJflupandemic.gov](http://www.NJflupandemic.gov) for useful information on how to prepare for a flu pandemic.

## Get flu ready, New Jersey

