

# **Pandemic Flu: What it is and How to Prepare**

When many people get a disease at the same time, it is called a pandemic. Pandemic flu is caused when people get sick or infected from a **new** flu virus that had not been harmful to people before. This type of flu spreads easily from person to person and can cause many people to become very ill or die. Pandemic flu may come and go in waves that can last for months at a time. Over the last 100 years, there have been three pandemic flu outbreaks. It is not known when the next pandemic flu will occur or how severe it will be.

## **Signs of Flu**

The signs of seasonal flu are fever, cough, runny nose and muscle pain. The signs of pandemic flu are the same, but they may be more severe and affect more people. With pandemic flu, healthy adults may be at increased risk for problems.

## **What Is Avian Flu?**

Avian flu, also called bird flu, is a disease found in wild and farm birds. There is a concern that the bird flu will become the next pandemic flu. Bird flu viruses do not often infect humans. There have been some rare cases of human infection from direct contact with infected birds. It is safe to eat well-cooked poultry such as chicken, turkey, duck and other game birds because cooking destroys germs, including bird flu viruses.

Experts are watching for changes in the bird flu virus that would cause it to infect people and be passed from person to person. This could lead to a pandemic.

# **Ifilada/Fuluuga Safka ah: Waa Maxay Sideese Diyaar Loogu Noqdaa**

Marka dad badan uu cudur ku dhaco isku wakhti, waxa la yidhaahdaa waa saf cudur. Ifilada ama fuluuga safka ahi waxa uu dhacaa marka dadku ay la jiradaan ama uu cudureeyo fayras ifilo oo **cusub** oo aan hore dadka u waxyeelayn. Ifilada noocan ahi si fudud ayay dadku isugu tabiyaan waxana ay sababi kartaa in dad badani si weyn u jiradaan ama dhintaan. Ifilada safka ahi waxay u timaada una tagtaa mawjado socon karaa dhawr bilood halkii wakhti. Boqolkii sannadood ee la soo dhaafay, waxa la soo maray saddex dhacdo oo ah ifilo saf ah. Lama garanayo goorta ifilada safka ah ee ku xigtaa dhici doonto ama inta darnaanteedu leekaan doonto.

## **Calaamadaha Ifilada**

Calaamadaha ifilo xilliyeedku waa qandho, qufac, san duuf ka socdo iyo xanuun muruqyada ah. Calaamadaha ifilada safka ah waa isla kuwaa, laakiin waxa laga yaabaa inay kuwaa ka sii daran yihiin oo ay saameeyaan dadka sii tiro badan. Marka ay jirto ifilo saf ahi, waxa laga yaabaa in dadka waaweyn ee caafimaad qaba ay halis soo korodhay u yihiin dhibaatooyin.

## **Waa Maxay Ifilada Shimbiruhu?**

Ifilada shimbiruhu, oo sidoo kale loo yaqaano hargabka shimbiraha, waa cudur laga helo shimbaraha duurka iyo kuwa la dhaqdo. Waxa jira walwal ah in ifilada shimbiruhu noqoto ifilada saf ah ee ku xigta. Badanaa fayrasyada shimbiruhu ma cudureeyaan bini'aadaanka. Waxa jira marar dhif ah oo uu bini'aadan cudur ka qaaday taabasho toos ah oo ay la yeesheen shimbiro cudureysan. Waa amaan in la cuno shimbiro si wacan loo kariyay sida digaagga, turkiga, shimbir badeedda ama boolaboolada iyo shimbiraha kale ee la ugaadhsado sababta oo ah karinta ayaa disha jeermiga, uu ka mid yahay fayrasyada ifilada shimbiraha.

Khubaradu waxay la socdaan isbeddelada ku dhaca fayrasyada ifilada ee keeni kara inay cudureeyaan bini'aadanka ka dibna qofku u tabiyo qofka kale. Taasi waxay keeni kartaa cudur saf ah.

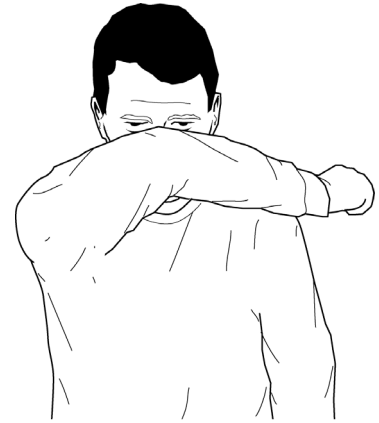
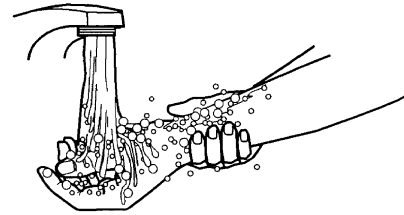
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## Controlling the Spread of the Flu

It may take six months or longer to make a vaccine for pandemic flu. The supply of vaccine will be small in the early stages of a pandemic. We do not know if the medicines used to treat and prevent seasonal flu will help.

To help prevent spreading the flu, be sure to:

- **Wash your hands often** with soap and water. Use alcohol-based hand sanitizer when soap and water are not available.
- **Avoid touching your eyes, nose, and mouth.** The flu often spreads this way.
- **Cover your mouth and nose with a tissue when you cough or sneeze.** Throw the tissue away and wash your hands. If you do not have a tissue, cough or sneeze into your shoulder or arm.
- **Clean surfaces** such as countertops, sinks, faucets, doorknobs, telephones and light switches with a disinfectant cleaner or a cleaner with bleach. You can also mix your own water and bleach solution. Mix ten parts water with one part bleach.
- **Limit your contact with those who are ill.**
- **Avoid shaking hands** if you are ill and with others who are ill.
- **Stay away from others when you are sick.** Stay home from work, school or running errands if you can.
- **Get a full night's rest, eat a healthy diet and drink at least eight glasses of liquids each day.**

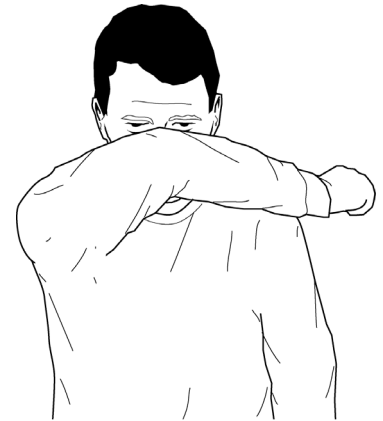
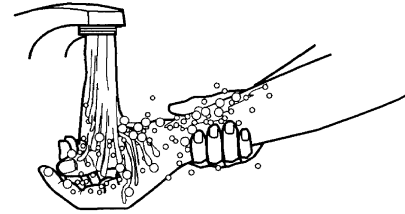


## Xakameynta Fidista Ifilada

Waxa laga yaabaa inay qaadato lix bilood ama ka badan si talaal loogu soo saaro ifilada safka ah. Kaydka talaalku waxa uu noqon doonaa mid yar inta lagu jiro marxaladaha hore ee cudurka safka ah. Ma garanayno in dawooyinka loo isticmaalo in lagu daweeyo ee lagaga hortago ifilo xilliyeedka laga heli doono gargaar.

Si aad gargaar uga geysatid joojinta fidista ifilada, u hubso in:

- **Marar badan aad gacmaaha ku maydh** saabuun iyo biyo. Isticmaal gacmo nadiifiye leh aalkolo marka aan saabuun iyo biyo la heli karin.
- **Iska ilaali in aad taabatid indhahaaga, sankaaga, iyo afkaaga.** Ifiladu badanaa habkan ayay ku fidaa.
- **Afkaaga iyo sankaaga ku dabool masar waraaq ah marka aad qufacdid ama hindhistid.** Tuur masarka waraaqda ah oo dhaq gacmahaaga. Haddii aanad haysan masar waraaq ah, ku qufac ama ku hindhis garabkaaga ama cududahaaga.
- Nadiifiye jeermi-dile ah ama nadiifiye leh cadeeye (bleach) **ku nadiifi oogada** miisaska, saxanka dhiqista, qasabadaha, gacanta albaabada, teleefonada iyo barta shidista iftiinka ama nalka. Waxa kale oo aad qasan kartaa badhax ah biyo iyo cadeeye. Toban qaybood oo ah biyo ku qas hal qayb oo ah cadeeye.
- **Yaree xidhiidhka aad la yeelanaysid dadka jiran.**
- **Iska ilaali in aad salaantid gacan qaadid** dadka haddii aad jiran tahay iyo kuwa kale oo jiran.
- **Ka fogow dadka kale marka aad jiran tahay.** Guriga joog oo ka joog shaqada, dugsiga ama adeegista haddii aad awoodid.
- **Qaado nasasho habeen oo buuxda, cun cunto caafimaad leh oo cab ugu yaraan sideed koob oo ah cabitaano maalin kasta.**



## **If many people are ill with pandemic flu:**

- Hospitals and doctors' offices will be very busy.
- You may need to stay home to care for ill family or children.
- Schools and child care centers may close.
- Stores may be in short supply of food, water, medicines and medical supplies.
- Basic services and many businesses such as banks, post offices, restaurants and stores may close or have fewer workers.
- Buses may be stopped and gasoline may be limited.
- People may be told not to attend group functions such as volunteer meetings, clubs, sports, music events and church services.

## **Plan Ahead**

Plan ahead to help protect you and your family and limit the effects of pandemic flu.

Use these three steps to prepare:

1. **Make a plan** for you and your family at home. Plan for how a pandemic might affect your work.
2. **Prepare an emergency kit** of supplies.
3. **Listen for information** about what to do and where to go during a flu outbreak.

### **Step 1. Make a Plan**

Make a plan for you and your family at home. Plan for how a pandemic might affect your work.

## **Haddii dad badani u jiran yihiin ifilo saf ah:**

- Cisbitaalda iyo xafiisyada dhakhaatiirtu si weyn bay mashquul u noqon doonaan.
- Waxa laga yaabaa inaad u baahan tahay inaad joogtid guriga oo aad daryeeshid cid qoyska ah ama caruur jiran.
- Waxa laga yaabaa in dugsiyada iyo xarumaha sii-haynta ilmaha la xidho.
- Waxa laga yaabaa in dukaanada ay ku yaraadaan kaydka cuntada, biyaha, dawooyinka iyo alaabta caafimaadka.
- Waxa laga yaabaa in adeegyada aasaasiga ah iyo ganacsiyo badan sida bangiyada, xafiisyada boosta, makhaayadaha iyo dukaanada la xidho ama ay joogaan shaqaale intii hore ka yar.
- Waxa laga yaabaa in basaska la joojiyo oo shidaalku yaraado.
- Waxa laga yaabaa in dadka loo sheego in aanay iman hawlaha kooxaha sida shirarka aanad ku khasbanayn, naadiyada, isboortiga, munaasadabaha muusigga iyo adeegyada diinta.

## **Sii Sameyso Qorshe**

Sii sameyso qorshe si aad u badbaadisid naftaada iyo qoyskaaga oo aad u yareysid saameynada ifilada safka ah.

Isticmaal talaabooyinkan sadexda ah si aad isu diyaarisid:

1. **Samee qorshe** aad ugu talogashay naftaada iyo qoyskaaga marka aad joogtaan guriga. Sii qorshee sida cudur saf ahi u saameyn karo shaqadaada.
2. **Diyaarso xidhmo kedis** oo ah alaab.
3. **Dhageyso war** ku saabsan waxa aad sameyn lahayd iyo meesha aad tagi lahayd haddii uu dhaco ifilo saf ahi.

## **Talaabo 1. Samee Qorshe**

Samee qorshe aad ugu talogashay naftaada iyo qoyskaaga marka aad joogtaan guriga. Sii qorshee sida cudur saf ahi u saameyn karo shaqadaada.

## **Your Plan for Home**

Talk to your family about this plan so they know what to do. Have a backup plan in case someone gets sick and cannot care for your family. Your plan should include:

- An emergency phone and e-mail contact list. Share it with family members, work, schools and child care centers.
- Someone to care for your children at home in case you cannot be there or you become ill.
- A local and an out of town emergency contact.
- Health information for each member of the family including the date of birth, blood type, allergies, past and current medical problems, current medicines and dosages, medical equipment and copies of medical insurance cards.
- Doctors' names and phone numbers.
- Locations of hospitals near work, school and home and their phone numbers.
- Locations of local and state health departments and their phone numbers.
- Pharmacy name and phone number.
- Religious or spiritual information.
- Someone to care for your pets in case you cannot be there or you become ill. Keep your pets up to date on vaccines and have a copy of your pets' vaccine records in case they need to go to a shelter.
- Pets' veterinarian name and phone number.

## **Your Plan for Work**

If you work:

- Discuss work policies with your boss. Ask:
  - How the business will continue during a pandemic.
  - If you can take time off to care for yourself or a family member.
  - What will happen if you stay home with ill family.
  - If you can work from home or if you are expected to come to work.
- Understand you may be asked to stay home from work or come in and do other tasks.
- Plan for less or no income if you are unable to work or the company closes.

## **Qorshahaaga Guriga**

Kala hadal qoyskaaga qorshahan si ay u ogaadaan waxa ay sameyn lahaayeen. Sameyso qorshe labaad oo haddii qof uu jirado oo aanu daryeeli karin qoyskaaga. Waa in qorshahaaga uu ku jiro:

- Liis teleefoon iyo iimayl oo lala xidhiidho marka kedis dhaco. La wadaag xubnaha qoyskaaga, shaqadaada, dugsiga iyo xarumaha sii-haynta ilmaha.
- Qof ilmahaaga ku daryeela guriga haddii aanad joogi karin guriga ama aad jiratid.
- Qof lala xidhiidho oo ah degmada iyo mid ka baxsan magaalada.
- Warka caafimaad oo ah qof kasta oo ka tirsan qoyska oo uu ku jiro taariikh dhalasho, nooca dhiigga, alerjiyada ama xasaasisayadda, dhibaatooyinka caafimaad ee hore iyo kuwa imminka jira, dawooyinka imminka iyo qadarada qaadashada, qalabka caafimaadka iyo koobiyada kaadhahka caymiska caafimaadka.
- Magacyada iyo lambarada teleefonka ee dhakhaatiirta.
- Goobaha cisibitaalada u dhow shaqada, dugsiga iyo guriga iyo lambarada telefoonadooda.
- Goobaha ay ku yaalaan waaxaha caafimaadka dadweynaha ee degmada iyo gobolka iyo lambarada telefoonadooda.
- Magaca iyo teleefonka farmasiga.
- Warka diinta ama caqiidada.
- Qof sii daryeela xayawaankaaga guriga haddii aanad joogi karin guriga ama aad jiratid. Ka dhig talaalada xayawaankaaga guriga kuwo cusub isla markaana hayso koobiga diiwaanada talaalkooda haddii loo baahdo inay galaan gabood.
- Magaca iyo teleefonka dhakhtarka xayawaanka.

## **Qorshahaaga Shaqada**

Haddii aad shaqeysid:

- Kala hadal dhaqamada shaqada maamulahaaga. Weydii:
  - Sida ganacsigu ama shaqadu u socon doonto haddii uu cudur saf ahi dhaco.
  - Haddii aad fasax ka qaadatid shaqada si aad u daryeeshid naftaada ama xubin qoys.
  - Maxaa dhici doona haddii aad guriga la joogtid qof qoyska ah oo jiran.
  - Haddii aad shaqada ku qaban kartid guriga ama haddii lagaa rabo inaad timaadid shaqada.
- Faham in lagaa codsan karo inaad joogtid guriga oo ka maqnaatid shaqada ama aad timaadid oo qabatid hawlo kale.
- Sii qorshee dhakhli intii hore ka yar ama dakhli la'aan haddii aanad awoodin inaad shaqeysid ama shirkadda la xidho.

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If you own a business:

- Make an emergency plan and talk to your employees about it. Test and revise your plan as needed.
- Decide which employees and supplies are needed to maintain the business.
- Provide infection control supplies such as hand sanitizer, tissues and waste cans for soiled items.
- Look at how pandemic flu could impact the business' finances, shipping and travel.
- Define your policies on employees working from home, caring for ill family or paying for employee illness.

## **Step 2. Prepare an Emergency Kit**

Have a **2 week supply** of these items for **each person and pet**.

### **Food and Other Items**

- Water in clean, sealed plastic containers – store 1 gallon for each person for each day
- Ready to eat canned meats, fruits and vegetables
- Manual can opener
- Protein or fruit bars
- Dry cereal, granola, nuts and crackers
- Peanut butter
- Dried foods such as dried fruit and dehydrated meals
- Canned juices
- Powdered milk or cans of evaporated milk
- Cans or jars of baby food and baby formula
- Pet food

Haddii aad leedahay ganacsi:

- Samee qorshe kedis oo kala hadal shaqaalahaaga. Tijaabi oo hadba sida loo baahdo u naqtiin qorshahaaga.
- Go'aan ka gaadh shaqaalaha iyo alaabta loo baahan yahay si uu ganacsigu u sii socdo.
- Bixi alaabta xakameynta cudur-qaadista sida nadiifiye gacmo, masarada waraaqda ah iyo haamo qashin oo lagu rido alaabta wasakheysan.
- Eeg sida ifilada safka ahi u saameyn karto dhaqaalaha ganacsiga, dirista iyo keenista alaabta iyo safarka ganacsigaaga.
- Qeex ama deji siyaasaddaada ku saabsan shaqaalaha shaqeyn doona iyaga oo jooga guriga, oo daryeelaya xubin qoys oo jiran ama sida loo bixin lahaa kharashka jirada shaqaale.

## **Talaabada 2. Diyaari Xidhmo Alaab Kedis**

Diyaari **kayd ah 2 todobaad** oo ah alaabtaa oo loogu talagalay **qof iyo xayawaan kasta**.

### **Cuntada iyo Alaabta Kale**

- Biyo ku jira weel nadiif ah oo ah caag daboolan – u kaydi 1 galaan qof kasta maalin kasta
- Hilib, khudaar iyo cagaar qasac ku jira oo diyaar u ah in la cuno
- Qasaf fure gacanta ku shaqeeya
- Barootiin ama khudaar qalalan oo dhuudhuuban
- Firiley ama siriyaal qallalan, granola, qolofley iyo busgud
- Subagga lawska
- Cuntooyinka qalalan sida khudar la qalajiyay iyo cuntooyinka biyaha laga saaray
- Miirka khudaarka ee qasaca ku jira
- Caano ah budo ama qasacyo ah caanaaha biyaha laga saaray
- Qasacyo ama dhalooyin ah cuntada ilmaha iyo caanaha ilmaha
- Cuntada xayawaanka

## **Medical, Health and Emergency Items**

- Prescribed health supplies
- Prescription medicines
- Over the counter medicines to treat fever, pain, stomach problems, coughs, colds and diarrhea
- Fluids with electrolytes and vitamins such as sports drinks like Gatorade and Powerade
- Health information for each member of the family stored in a water proof container
- Soap and alcohol-based hand sanitizer
- Tissues and toilet paper
- Sleeping bags or blankets
- Flashlight and extra batteries
- Battery powered radio and extra batteries
- Matches in a waterproof container
- Baby supplies such as diapers and bottles
- Digital thermometer
- Trash bags
- Cleaning supplies
- An extra credit card and money

## **Step 3. Listen for Information**

Stay calm and get as many facts as you can.

- Listen for reports on the television, radio or Internet.
- Go to [www.pandemicflu.gov](http://www.pandemicflu.gov) or [www.ohiopandemicflu.gov](http://www.ohiopandemicflu.gov) for current information. This may only be available in English.

### **Alaabta Daweynta, Caafimaadka ee Kediska**

- Alaabta caafimaadka ee dhakhtarku soo qoray
- Dawooyinka dhakhtarku qoray
- Dawooyinka la iska iibsado ee lagu daweeyo qandhada, xanuunka, dhibaatooyinka caloosha, qufaca, hargabka iyo shubanka
- Cabitaanada leh elektaroolaytyo iyo fitamiino sida cabitaanada isboortiska sida Gatorade iyo Powerade
- Warka caafimaadka ee xubin kasta ee qoyska ka tirsan oo lagu riday weel aan biyuhu gali karin
- Nadiifiye saabuun iyo aalkolo ku saleysan
- Masarada waraaqda ah iyo waraaqaha mushqusha
- Boorsooyinka lagu seexo ama busteyaal
- Toosh iyo baytariyo dheeraad ah
- Raadyow baytari ku shaqeeya iyo baytariyo dheeraad ah
- Qaraf ama taraq ku jira weel aan biyuhu galin
- Alaabta ilmaha sida xufaayado ama dheebaro iyo dhalooyin
- Heerkulbeeg dhigital ah
- Bacaha qashinka
- Alaabta nadiifinta
- Kaadhka daynta (credit card) iyo lacag dheeraad ah

### **Step 3. Dhageyso War**

Is deji oo hel xaqiiqooyin badan intii aad awoodid.

- Warbixinno ka dhageyso telefishanka, raadyowga ama internetka.
- Tag barta [www.pandemicflu.gov](http://www.pandemicflu.gov) ama [www.ohiopandemicflu.gov](http://www.ohiopandemicflu.gov) si aad u heshid warka cusub. Waxa laga yaabaa in warkaasi ku qoran yahay kaliya Ingiriisi.

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