



DO YOU KNOW WHAT TO DO?

STAY HEALTHY
WHEN SICKNESS IS
SPREADING

BE PREPARED. MAKE A PLAN.

KnowWhat2Do.com

EPIDEMICS & PANDEMICS

**WATCH FOR SYMPTOMS AND
PRACTICE GOOD HYGIENE DAILY.**

EPIDEMICS

Viruses that skyrocket to an unpredicted level of infected people become epidemics. Avoid sharing food and drinks when you or others are experiencing symptoms.

PANDEMICS

Global outbreaks of epidemics become pandemics. KnoWhat2Do encourages you to learn who to turn to locally if you need immediate information, resources or help.

AVOID THE FLU

Everyone over the age of 6 months should receive a flu vaccine. Remember to wash your hands and cover your mouth with a tissue when you sneeze or cough.

MOSQUITO-BORNE ILLNESS

To avoid mosquito-borne illnesses, empty all sources of standing water around your home, where mosquitos lay their eggs. Apply insect repellent to exposed skin when you go outside. Fix torn or ripped window screens to keep mosquitos outside.

**CONTACT YOUR DOCTOR OR HEALTH
PROFESSIONAL IF YOU HAVE ANY SYMPTOMS.**