

EPIDEMICS

Before & During

- Store drinking water and food to last for few days. Use boiled or filtered water to avoid contamination.



- Periodically check your regular prescription drugs to ensure a continuous supply in your home.
- Keep a stock of non-prescribed basic medicines such as pain relievers, stomach remedies, cough and cold medicines, fever, fluids with electrolytes, and vitamins, sanitary pads, baby food items etc.



- Volunteer with local groups to prepare and assist with emergency response, If possible.
- Keep your surrounding clean and do not let the water be stagnant in neighborhood.



After

- Avoid close contact with people who are sick. If possible, stay at home when you are sick. Do not share usable items. You will help prevent others from catching your illness.



- When sick, keep your distance from others to protect them from catching infections.



- Cover your mouth and nose with a tissue when coughing or sneezing.



- Washing your hands (with soaps if possible) often will help protect you from germs.



- Avoid touching your eyes, nose or mouth to prevent spread of germs.

