

# EFFECTIVE WAYS TO SURVIVE THE NEW FLU

PANDEMIC INFLUENZA  
MANAGEMENT BOOKLET  
FOR THE HOUSEHOLD



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## THE NEW FLU -- PREVENTION BOOKLET FOR THE HOUSEHOLD

This Booklet Belongs to the Household in:

Woreda \_\_\_\_\_ Kebele \_\_\_\_\_ House Number \_\_\_\_\_

Household Residents are:

Father \_\_\_\_\_ Children \_\_\_\_\_

Mother \_\_\_\_\_

Others \_\_\_\_\_

### The Purpose of the Booklet

The New Flu Prevention Booklet is a tool that is distributed to families to help them carry out feasible actions that prevent New Flu at a household level. This booklet helps parents and other household members to learn and practice healthy actions to help lessen the impact of the New Flu at the household level to prevent and manage.






## How to Use This Booklet

Parents must do the following:

- ◆ Share the information with all household members
- ◆ Carry out health actions as recommended
- ◆ Keep the booklet safe and in a common place for the entire household to use

### Filling the boxes of the booklet:

1. Parents, after discussing with the household members, put a diagonal mark on the box beside the picture once 
2. If necessary, repeat the message until recommended behavior is carried out. 
3. When all family members have carried out the action(s), color in the box 

# LEARN ABOUT THE NEW FLU

**1 Family Members,** Be aware the New Flu has similar symptoms to the common flu such as coughing, sneezing, runny nose, headache, fever, fatigue and aches, but the New Flu symptoms can cause very serious illness and death.



**2 Parents,** If there are family members who are over the age of 65, children under the age of five, and pregnant women know that they are more likely to get very sick from the New Flu because they have lower natural immunity.

**3 Family Members,** You can get sick with the New Flu through close contact with a person who has the flu.

**4 Family Members,** Health officials will notify the community when the New Flu is here.

**THE NEW FLU CAN CAUSE SERIOUS ILLNESS AND CAN LEAD TO DEATH!**

# WASH YOUR HANDS CORRECTLY

4

**Family Members,** wash your hands with water and soap or ash. It is critical to minimize the spread of the New Flu.

5

**Family Members,** wash your hands with water and soap or ash following the steps below to remove and kill germs that cause new flu.



Wet hands



Soap them up



Rub front and back of hands



Between fingers



Under nails and wrists



Rinse and dry your hands

**WASHING YOUR HANDS PROPERLY WILL HELP TO KILL NEW FLU GERMS!**

# WASH YOUR HANDS AT KEY TIMES

6

**Family Members,** wash your hands before and after preparing food.



7

**Family Members,** wash your hands before and after eating food.



8

**Family Members,** wash your hands after sneezing, coughing or blowing nose.



9

**Family Members,** wash your hands before and after contact with a person that has the New Flu.



**WASH YOUR HANDS AT KEY TIMES TO PROTECT THE FAMILY FROM GETTING THE NEW FLU!**

## COVER YOUR COUGH AND SNEEZE

10

**Family Members,** block your cough and sneeze by using the crook of your elbow, a handkerchief or a tissue to avoid spreading the New Flu.



11

**Family Members,** Avoid coughing and sneezing in the air. It spreads germs in the air.



12

**Family Members,** dispose of tissues in a trash bin after wiping or blowing your nose to avoid spreading germs.



13

**Family Members,** wash handkerchiefs every day to get rid of germs.



**IF YOU DON'T HAVE A TISSUE OR HANDKERCHIEF, USE THE CROOK OF YOUR ELBOW!**

# STAY HOME ONCE THE NEW FLU IS ANNOUNCED

14

**Family Members,** stay home once the New Flu is announced to protect family member from getting the virus from others.



15

**Family Members,** pregnant women, children under 5 and elders over 65 are especially at risk.



16

**Family Members,** stay home if one of you has the New Flu to prevent spreading the disease.



**STAY HOME ONCE THE NEW FLU IS ANNOUNCED!**

## ASSIGN ONLY ONE FAMILY MEMBER AS A CARETAKER

17

**Family Members,** assign one family member to take care of sick family members to limit the potential spread of New Flu.



18

**Caretaker,** wear a mask whenever you have close contact with the sick person to avoid the spread of the New Flu.



19

**Caretaker,** keep the room of the sick person ventilated to prevent spreading the disease to your family.



20

**Caretaker,** use separate utensils for the ill.



**LIMIT THE NUMBER OF VISITORS TO THE SICK PERSON!**

## RECOVER IN A SEPARATE SPACE

21

**Family Members,** Create a separate space to take care of the person with New Flu.



22

**Family Members,** Keep the sick person in that separate space until fully recovered.



23

**Family Members,** limit the number of visitors to the sick person to avoid spreading the New Flu.



24

**Family Members,** cover your mouth and nose when you are sick with the New Flu in the presence of others.

**CREATE A SEPARATE SPACE TO TAKE CARE OF THOSE SICK WITH THE NEW FLU!**

## AVOID PUBLIC GATHERINGS

25

**Family Members**, limit travel and public transport once the New Flu is announced.



26

**Family Members**, avoid crowded events and public gatherings (funerals, schools, social events etc.) to prevent catching the New Flu.



27

**Family Members**, send only one designated person in the family to go to the market when the New Flu is announced.



28

**Family Members**, expect health officials to notify the community when it is again safe to attend public gatherings.

**DURING THE NEW FLU OUTBREAK, AVOID PUBLIC GATHERINGS!**

## Steps to Lessen the Impact of the New Flu

	Not Started	In Progress	Completed
<b>A. Communicate and Educate Your Household</b>			
About the risk and threat of the New Flu			
Preventive behaviors to avoid getting the New Flu (respiratory etiquette)			
Know where to get up-to-date and reliable information			
Discuss your response plans with your family			
<b>B. Response Planning</b>			
i) Assess necessary requirements for home health care			
Select a primary caregiver in the household			
Obtain educational materials about new developments with the New Flu			
Identify sources of information about the New Flu (radio, edir, etc.)			
Obtain supplies (mask, etc.)			
ii) Plan for home health care			
Train a caregiver on handwashing and respiratory hygiene			
Identify most at risk person in the household and determine needs (medication, etc.)			
Plan for a shortage of food, medication, and other essential supplies			
iii) Coordinate with community			
Consult with neighbors and community to share resources such as water			

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