

PREPAREDNESS STARTS WITH YOU

The Lake County Health Department/Community Health Center encourages residents and businesses to be prepared for an emergency, whether it is a local flood or global pandemic flu.

*Following are **three steps** you can take to help prepare for an emergency situation:*

1 Be Prepared

Build your individual and family emergency plans.

A number of Lake County government agencies are working to prepare for emergencies, such as floods, tornadoes, chemical spills, bioterrorism threats, a flu pandemic and communicable disease outbreaks. However, government and service agencies cannot meet this challenge alone. Every organization, employer and individual needs to be involved in preparedness activities, including businesses, schools, daycare centers, and families. An informed and prepared public can cope with emergencies better and take appropriate actions to decrease risk during an emergency. This is a good time for everyone to start working on (or revisit) their own emergency plans. For more information, visit:

www.lakecountyil.gov/health. If you are interested in volunteering to assist your community with preparedness efforts, please call the Health Department's Medical Reserve Corps at: (847) 377-8358.



2 Know Where to Go

In the case of an illness outbreak or bioterrorism event, you may be asked to visit your local polling place to pick up medicine for your family. Visit www.lakecountyil.gov/health or call (847) 377-8000, if you are unsure of your polling place.

The Health Department has developed a plan with the County Clerk's office, townships and municipalities that utilizes local polling places as points of distribution should the need for mass medication distribution arise during a public health emergency. The Centers for Disease Control (CDC) recommends the development of mass medication plans for providing medication to an entire population within 48 hours. By utilizing the polling sites, the population will be spread out to a large number of locations close to home, alleviating possible traffic congestion and reducing the need to travel far.



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LakeCounty
Health Department and
Community Health Center

Know where to go:

www.lakecountyil.gov/health

847-377-8000

3

Don't Forget *Pandemic flu is still on the map.*

An influenza (flu) pandemic is a worldwide outbreak of flu disease. This occurs when a new type of influenza virus appears that people have not been exposed to before (or have not been exposed to in a long time). Many scientists believe it is only a matter of time before one occurs. A key step in the process of planning for a pandemic is to store a two-week supply of water and food along with health and emergency supplies. For a list, visit: www.pandemicflu.gov/plan/individual/checklist.html.



A Word About Seasonal Flu

Now is the time to protect yourself and your family against seasonal flu. The best way to protect yourself is to **get vaccinated**. Anyone older than six months, including healthy people and people with chronic medical conditions, can get the flu shot. Although 'seasonal' flu is not the same as pandemic flu, getting your flu shot each year will help you stay healthy.

You should also practice good health habits:



Wash your hands often for at least 20 seconds to help protect yourself against germs.

Cover your mouth and nose with a tissue when coughing or sneezing to help prevent others around you from getting sick.

Avoid close contact with people who are sick. If possible, stay home from work, school and errands when you are sick.



LakeCounty
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For more information, visit:
www.lakecountyil.gov/health