



## Before and During a Pandemic

### Before a Pandemic

- ❖ Store a two-week supply of water and food (do not hoard)
- ❖ Periodically check your regular prescription drugs to ensure a continuous supply in your home (e.g. Ventolin).
- ❖ Have any non prescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- ❖ Get copies and maintain electronic versions of health records from doctors, hospitals, pharmacies, and other sources and store them, for personal reference. Get help accessing electronic help records:  
<https://www.myhealthrecord.gov.au/for-you-your-family>
- ❖ Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.

### During a Pandemic

- ❖ Limit the spread of germs and prevent infection.
- ❖ Avoid close contact with people who are sick.
- ❖ When you are sick, keep your distance from others to protect them from getting sick too.
- ❖ Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- ❖ Washing your hands often will help protect you from germs.
- ❖ Avoid touching your eyes, nose, or mouth.
- ❖ Practice other good health habits. Get plenty of sleep, be physically active (where possible e.g. go for a run instead of going to the gym), manage your stress, drink plenty of fluids, and eat nutritious food.

### Further Information

The American Centre for Disease Control (CDC) has a page on pandemic planning and preparedness resources here: <https://www.cdc.gov/flu/pandemic-resources/planning-preparedness/index.html>

There is also a portal for specific COVID-19 information at <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

If you have questions about any of the information included in the above factsheet or feel overwhelmed or stressed, please contact the 24/7 Veretis EAP line to speak to our team at 1300 878 379.



Additional Information retrieved from: U.S. Federal Emergency Management Agency (FEMA), Ready.gov. (Updated 2019, December 20). *Pandemic*. Retrieved March 18, 2020, from <https://www.ready.gov>

\*\* Veretis provides mental health and counselling support. The general information provided is in regard to how best to look after yourself mentally. It does not provide the reader with specific direction, advice, or recommendations. For medical advice please consult a medical health provider and government policies.