**IMPORTANT PUBLIC HEALTH TERMS**

**PANDEMIC**
A pandemic is a worldwide outbreak of a new virus. This virus spreads easily from person to person. New vaccines take a long time to make, so many people get sick quickly.

**SOCIAL DISTANCING**
During an outbreak, you can help yourself stay healthy by keeping 3–6 feet away from people. This is called social distancing. Other kinds of social distancing include:

- **Isolation**
  When someone has a very contagious illness, they may be asked to stay at home or in a hospital. This is called isolation. It helps stop the illness from spreading to others.

- **Quarantine**
  Sometimes, a healthy person goes near someone with a contagious disease. They can spread it before they get sick. They may be asked to stay home for a while, to see if they caught the disease. This is called quarantine.

- **Containment**
  Sometimes, to stop a sickness from spreading, everyone in a community needs to stay home for a while. Public events may be canceled. Schools, businesses and workplaces may close. This containment can slow down the spread of the disease.
SAFETY TIPS FOR ALL

BEFORE HEALTH EMERGENCIES
- Follow trusted sources of public health news.
- Stock up on food, supplies and soap to last 2 weeks.
- Get a flu shot.
- Get a thermometer and cold and fever medicines.
- Plan what to do if family and friends get sick.

DURING HEALTH EMERGENCIES
- Follow the advice of public health officials.
- Cough into your elbow or a tissue.
- Stay home if you are sick.
- Wash hands often with soap for 20 seconds.
- Train yourself not to touch your face.

EXTRA TIPS FOR:

CAREGIVERS FOR SICK PEOPLE
- Keep the sick person and their things away from others.
- If possible, use a separate bedroom and bathroom.
- Use separate cups, utensils and dishes.
- Pick one person to be the main caregiver.
- Keep a record of temperatures, symptoms, medicines.
- Wash hands before and after caregiving.
- Clean light switches, doorknobs, toys, other surfaces daily.
- Launder clothes, towels and bedding in very hot water.
- Keep pets away from the sick person.

PEOPLE WITH HEALTH CONCERNS
- Stay away from public places if you are at high risk.
- Make a contact list of family, caregivers and doctors.
- Keep a list of all medical conditions and prescriptions.
- Refill all prescriptions and ask for 60- or 90-day supplies.
- Discuss how to continue your care if caregivers get sick.

FAMILIES
- Explain the health risks to your children and how to stay safe.
- Practice with children how to wash hands for 20 seconds.
- Ask child care/schools about health emergency plans.
- Decide who will care for children if child care/schools close.
- Ask your employer about sick leave and working from home.
- Plan to care for family members if regular caregivers get sick.
- Protect the very young and very old from close contact with others.
- Arrange for food delivery to keep older family members at home.
- Check in often by phone with family and neighbors who live alone.
- Reach out to faith community and others to offer or ask for help.

Who are trusted sources of news?
- Centers for Disease Control and Prevention
- California Department of Public Health
- Your County Public Health Department