

County Health Officials Urge Flu Preparedness

Everyone Has a Role In Preventing the Spread of Illness

Maricopa County health officials are urging individuals, families and businesses to prepare now for what could be a difficult flu season this fall.

Earlier this summer, the World Health Organization announced that the Novel H1N1 Flu (the so-called “swine flu”) had become a full-blown “pandemic,” which simply means that it has spread to enough countries to be considered a worldwide epidemic.

Local officials have been taking this disease outbreak seriously and expect the second wave of the three waves of a pandemic to start shortly after kids return to school. The second wave of a pandemic is

usually the most severe, and this is why health officials are strongly encouraging everyone to be prepared.



The most important thing people can do in addition to practicing good hygiene every day is to keep sick children home from school. Also, have a plan now for who will pick them up

from school and care for them if they become ill in the classroom. Parents need to remember that they too may become sick, so now is the time to discuss with employers how your organization will manage potential absenteeism due to flu.

For tips and reminders, look to Stop the Spread!, a county-wide information program to remind folks what’s important this upcoming flu season: Stay home if you’re sick; cover your cough; and wash your hands.

For more information and tips to help you prepare, visit the Maricopa County Department of Public Health Web site at www.WeArePublicHealth.org.