

PREPARE FOR THE UNEXPECTED

Infectious Disease Emergencies

Everyday the San Francisco Department of Public Health monitors and responds to cases of infectious disease. Outbreaks can and do occur. It is important for you and your family to be prepared. Add the items listed below to your emergency kit so you can be ready for an infectious disease emergency.

Food and Water

- 1-2 month supply of non-perishable food
- 1 week supply of water

Medicines

- 1-2 month supply of prescription medicines
- 2 month supply of fever medicines (e.g., ibuprofen, acetaminophen)

Hygiene and Home Care

- First aid kit
- Critical papers including lists of medical conditions, medicines, allergies
- Thermometer (non-mercury)
- Tissues
- Soap
- Hand sanitizer (with at least 60% alcohol content)
- Bleach (unscented)
- Face masks (that cover nose and mouth)
- Gloves
- Plastic bags for discarding contaminated items

Learn More

To stay informed and learn more about specific infectious diseases, healthy habits, and preparedness, visit our website:

www.InfectMeNot.org



germs

Infect Me Not.



SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH



Avoid Touching Wild Animals



Wash Hands Often



Clean & Disinfect



Cough & Sneeze Into Your Sleeve

Protect Yourself with Healthy Habits



Stay Home When Sick



Don't Share Personal Items



Get Vaccinated



Handle & Prepare Food Safely

STAY HEALTHY—PROTECT YOURSELF WITH HEALTHY HABITS

Wash Hands Often

Our hands can carry germs, so it is important to wash them often, even if they don't look dirty. Wash before and after cooking, eating, changing diapers, and treating a wound. Wash after using the bathroom, coughing, sneezing, handling garbage, and touching another person's hands or an animal. Wash hands with soap and water for 20 seconds, or if they don't look dirty, you can use hand sanitizer.

Cover Your Cough & Sneeze

If you are sick, the air that comes out of your mouth when you cough or sneeze may contain germs. Someone close by can breathe in your air, or touch a surface contaminated with your germs, and become ill. Cough or sneeze into a tissue or your shirt sleeve—not into your hands. Remember to throw away the tissue and wash your hands.

Get Vaccinated

Vaccines can prevent many infectious diseases. You should get some vaccinations in childhood, some as an adult, and some for special situations like pregnancy and travel. Make sure you and your family are up-to-date on your vaccinations. If your regular doctor does not offer the vaccine you need, visit the Adult Immunization and Travel Clinic - www.sfcddcp.org/aitc

Stay Home When Sick

When you are sick, stay home and rest. You will get well sooner, and will not spread germs.

Clean & Disinfect Commonly Used Surfaces

Germs can live on surfaces. Cleaning with soap and water is usually enough. However, you should disinfect your bathroom and kitchen regularly. Disinfect other areas if someone in the house is ill. You can use an EPA certified disinfectant (look for the EPA registration number on the label), bleach solution, or rubbing alcohol.

Don't Share Personal Items

Avoid sharing personal items that can't be disinfected, like toothbrushes and razors, or sharing towels between washes. Needles should never be shared, should only be used once, and then thrown away properly.

Handle & Prepare Food Safely

Food can carry germs. Wash hands, utensils, and surfaces often when preparing any food, especially raw meat. Always wash fruits and vegetables. Cook and keep foods at proper temperatures. Don't leave food out – refrigerate promptly.

Avoid Touching Wild Animals

You and your pets should avoid touching wild animals which can carry germs that cause infectious diseases. If you are bitten, talk to your doctor. Make sure that your pet's vaccinations are up-to-date.

WHAT ARE GERMS AND WHERE DO THEY LIVE?

Although most germs, or microorganisms, are not harmful, some can cause infectious diseases. You probably already know about many **infectious diseases**. There are vaccines to prevent some and medicines to treat others, but we don't have vaccines and medicines for every kind of infectious disease. It is important to know about germs and infectious diseases, and simple ways to avoid getting and spreading them.

Germs have their own personalities. They have favorite places to live, preferred ways to travel, and if they are harmful, their own unique ways of causing disease.

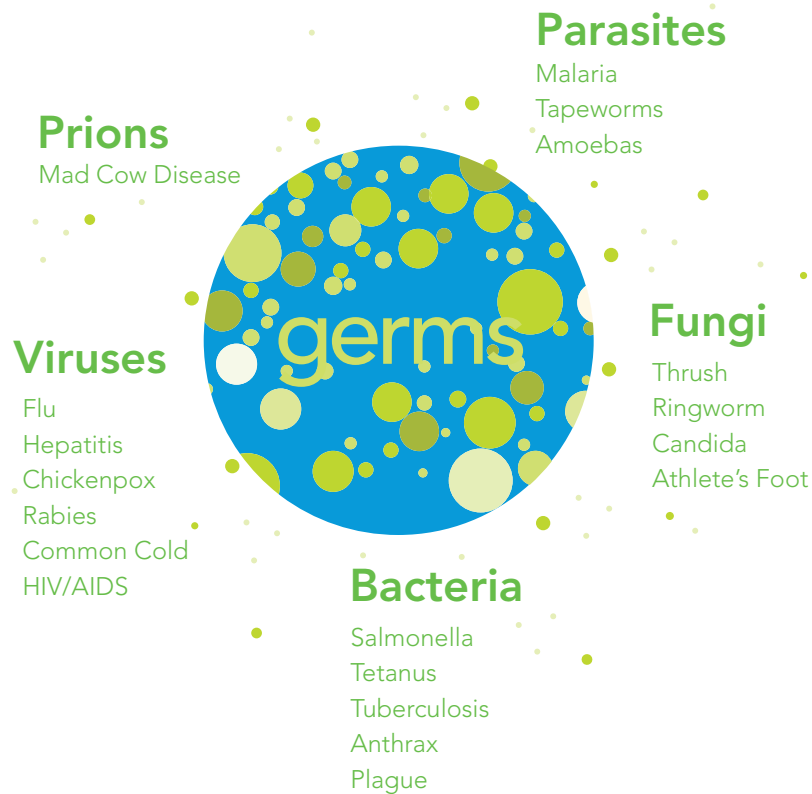
Germs can live in or on:

- dirt
- water
- countertops
- our skin
- our intestines
- and in many other places around us.

Some germs can survive on their own while others prefer living in people or animals. Some germs live only in **hot areas** of the world while others live only in **cold areas**. When germs find a place that is good for them, they multiply and set up a home for themselves.

TYPES OF GERMS & DISEASES

Germs are tiny microorganisms that exist all around us and are invisible to the human eye. There are many different types of germs. **Most are not harmful**, but some cause disease.



HOW DO GERMS SPREAD?

Germs spread in different ways. To catch an infectious disease, you first need to be exposed to a harmful germ. Then it needs to get on or into your body and act in its unique ways to cause disease. Our bodies are good at fighting infections; not everybody who is exposed to germs will get sick, but some will. Here are the most common ways to be exposed:

Touching. Some germs live in body fluids like mucus, pus, and stool. Even the invisible drops released when people talk, cough, or sneeze can carry germs. Touching a contaminated surface or object, then touching your eyes, nose, mouth, a cut, or other opening in the body, can lead to an infectious disease.

Eating or drinking. Some germs exist in food and untreated water. Unwashed fruits and vegetables, and foods not properly cooked or kept at the right temperature, may carry harmful germs.

Breathing. Some germs spread through the air. When someone coughs, sneezes, or talks they can release germs. When harmful germs are inhaled, they can cause illness.

Getting bitten. Animals can carry and spread infectious diseases to people. Bites from wild animals, pets, or even a small animal like a bat or insect can cause illness. Even if the animal doesn't look sick, it may carry harmful germs.

Infectious diseases are also spread through sexual contact, during pregnancy from a mother to an un-born child, from sharing needles, blood transfusions, and through other ways.