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### How do I limit spread of germs and prevent infection?

Even if a pandemic flu never occurs, these measures will slow the spread of illness like the common cold, the seasonal flu and lots of other bugs that can make you sick:

- Wash your hands frequently with soap and water or alcohol-based gels.
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**For more information**

about what your community is doing to prepare for a pandemic flu, contact your local health department or the Department of Health and Human Services’ CARE-LINE at 1-800-662-7030.
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Confused about the difference between seasonal, bird and pandemic flu?

What is the Seasonal Flu?
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What is Bird Flu?
Bird flu is just that – a flu that affects birds. There has been a lot of attention focused on a bird flu outbreak that began in Asia in the late 1990s. That strain of flu, which is called H5N1, is highly contagious among birds. A small number of people have been infected with the virus through very close contact with birds, or very close contact with another person with this strain of bird flu.

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What is the state of North Carolina doing to prepare for a pandemic flu?
North Carolina public health has a history of responding to emergency situations. Public health helps communities respond to and recover from natural disasters like hurricanes and ice storms as well as to new diseases. Public health professionals are working now to ensure that the state is prepared for a pandemic flu. They:
• Use technology to detect unusual illnesses at hospital emergency departments across North Carolina.
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How should I prepare for a pandemic flu?
• Learn and practice respiratory etiquette. That means covering your mouth when coughing or sneezing so you don’t spread germs, avoiding touching your eyes or nose unless you’ve washed your hands, and staying home when ill.
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Pandemic Flu and You

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State of North Carolina
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www.ncdhhs.gov

N.C. DHHS is an equal opportunity employer and provider.

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