

Recognizing & Managing Stress

Signs You May Be Stressed

- ▶ Withdrawn from others
- ▶ Re-living the incident through dreams
- ▶ Attempts to avoid disturbing memories
- ▶ Emotional numbing
- ▶ Panic attacks
- ▶ Rage
- ▶ Increased irritability/agitation
- ▶ Anxiety
- ▶ Depression

How to Manage Stress During a Pandemic

- ▶ Develop a “buddy” system
- ▶ Encourage and support your co-workers, family and friends
- ▶ Take care of your physical well-being by exercising regularly and eating healthy
- ▶ Rest
- ▶ Stay in touch with friends and family



Available Resources

- ▶ *Louisiana Department of Health and Hospitals* (www.dhh.louisiana.gov)
- ▶ *American Red Cross* (www.redcross.org)
- ▶ *U.S. Department of Health and Human Services* (www.hhs.gov)
- ▶ *Substance Abuse and Mental Health Services Administration* (SAMHSA) (www.mentalhealth.samhsa.gov)



www.FightTheFluLA.com

For inquiries, visit www.dhh.louisiana.gov

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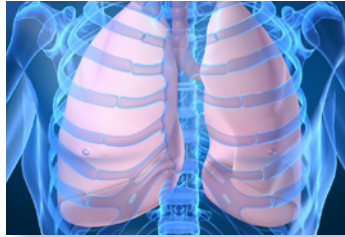
How to Stay Calm and Be Prepared



Office of Mental Health
Office for Addictive Disorders
Office for Citizens with Developmental Disabilities
Office of Public Health

What is an influenza outbreak?

- ▶ An infection of the lungs caused by a virus that can be passed from person to person.
- ▶ It's usually limited to a school, neighborhood or workplace.
- ▶ When it affects a whole community or state, it is called an EPIDEMIC.
- ▶ When it affects nations worldwide, it is called a PANDEMIC.



Why should I be concerned?

Normal habits may be altered when an outbreak occurs. Here's what you should know:

- ▶ The virus can be passed by coming in contact with someone infected, coughing, sneezing, or exchanging of other body fluids.
- ▶ Flu can affect anyone, any age.
- ▶ The public may be asked to stay home or limit contact with others to slow the spread of infection.



What can I do about it?

There are many ways you can prepare. Here's a few tips:

- ▶ Remain calm.
- ▶ Stay informed.
- ▶ Stay healthy: Wash your hands often. Limit contact with infected citizens. Cover your mouth and nose when you cough and sneeze.
- ▶ Get a seasonal flu vaccine.
- ▶ Be prepared: Have food and water available. During an outbreak, the stores may be closed. Make sure to have non-perishable foods, and foods that are easy to prepare.
- ▶ You may not be able to go to work. Ask if you will be able to work from home during this time.
- ▶ Plan for a possible cut or loss of income during this time, as your place of employment may be closed.
- ▶ Most importantly, stay home if you are sick.



Four Known Cases of Pandemics in the U.S. during the last Century

1918: "Spanish Flu" 1957: "Asian Flu"
1968: "Hong Kong Flu" 2009: Novel H1N1 ("Swine Flu")

How can I help my family?

Your desire to take care of your family will be heightened during this time.

- ▶ Schools may be closed for a period of time: Talk to your child's teachers, nurse and administrators about the school's plans. Plan home learning activities. Also, consider childcare needs. You may have to work while schools are closed.
- ▶ Prepare backup plans. These plans should include food, water, transportation, medicine, and other essential items.
- ▶ Consider how to care for those with special needs.



How will I know when the outbreak is over?

The length of an outbreak can vary:

- ▶ Follow credible and reliable news sources.
- ▶ Listen to public service announcements.
- ▶ Look for updates from Public Health authorities before attempting to resume normal activities or contact with the general public.