



### Scenario Nine: Pandemic Influenza

A key element to successfully responding to and recovering from a major disaster is the overall preparedness of individual citizens and their families. With that in mind, we invite you to participate in a series of ‘What would you do?’ scenarios with your loved ones to assess your level of preparedness. These tabletop activities are intended to be low-stress conversation starters to be discussed, as the name implies, around your dinner table. We do not want to know your results. Following the situation, we have included some discussion questions for the activity, as well as some helpful links to enhance your individual preparedness.

**Scenario:** You have just finished dinner and are settling down to watch your favorite television show. You happen to catch a news report that a new influenza seems to be sweeping across a neighboring state. You check your favorite social media page and see that people are either saying there’s nothing to worry about or that this is the ‘end of the world.’ Not wanting to panic but feeling that it would be a good idea to be prepared, you decide that you should get ready for the possibility of influenza impacting your neighborhood.

### Discussion Questions:

1. Where can you get information on influenza (flu) that is credible and accurate?
2. Discuss with your family and friends whether you feel it’s beneficial to receive the annual flu vaccines.
3. How can you get copies — including electronic versions — of health records from doctors, pharmacies and other sources, to store for your personal reference?
4. What steps can you take to reduce the chances of becoming sick?
5. What should you do if you or anyone in your family becomes sick?
6. What supplies do you have in your family emergency kit?
7. Do you know the difference between a pandemic and epidemic? If there is a pandemic, do you know what its effects on communities would be? How might you prepare?

### Time to see how you did!

To learn more about this scenario and to check your plan, please visit: <https://www.ready.gov/pandemic>. Discuss with your loved ones what steps you think you should take to improve your safety in the event a pandemic occurs.

**Helpful Links:** To learn more about influenza prevention and preparedness, please visit:

<http://www.cdc.gov/flu/consumer/prevention.htm>

<https://www.cdc.gov/flu/treatment/index.html>

<https://www.cdc.gov/flu/pandemic-resources/basics/about.html>