HEALTH & FIRST AID

Infectious disease preparedness

Prepare for illness-related disruption. Match prevention measures to the disease and current public-health advice.

> Difficulty breathing, chest pain or another immediate medical emergency: call 911.

Plan for the household

- Keep contact details for your healthcare team and pharmacy. Ask how to get advice if an office closes or someone cannot travel.
- Keep reasonable supplies of food, hygiene products and prescribed medicines. Discuss refills with your pharmacist rather than stockpiling treatments.
- Agree on help with meals, children, pets and errands if a caregiver becomes ill. Include people living alone in check-in plans.

Reduce everyday respiratory risk

- Talk with a healthcare professional about recommended immunizations and your individual risk of severe illness.
- Improve indoor air where practical, wash hands and cover coughs. Follow product instructions when cleaning frequently touched surfaces.
- A well-fitting mask, physical distance or testing may add protection when illness is spreading or someone around you is at higher risk.

If respiratory symptoms develop

- Stay home and away from others when symptoms are not better explained by another cause. Seek early clinical advice if at increased risk.
- CDC advises returning when symptoms have improved overall and you have been fever-free without fever-reducing medicine for at least 24 hours.
- Use added precautions for the following five days. If fever returns or you worsen, stay home again and review current advice.

Follow the right guidance

- Instructions can differ by infection, setting and person. Schools, healthcare facilities and employers may have additional requirements.
- Use CDC, Iowa public-health and local health-department updates. Check publication dates before sharing a prevention claim.
- Do not use antibiotics, leftover prescriptions or unproven remedies without clinical advice. Arrange a current plan for anyone needing ongoing care.

Sources & further guidance

CDC - preventing respiratory illnesses | www.cdc.gov
CDC - precautions when sick | www.cdc.gov