

## Practical and Emotional Preparedness for a Pandemic

### Practical Preparedness

- Wash your hands often and thoroughly with soap and water for at least 20 seconds. If your hands are not visibly dirty and if soap and water are not available, you can use hand sanitizer. Avoid touching your eyes, nose, and mouth with unwashed hands.
- When you cough or sneeze, cover with a tissue or cough or sneeze into your sleeve.
- Regularly clean and disinfect frequently touched and shared surfaces like doorknobs.
- You should not share dishes utensils, or other items with other people in your home.
- Stay at home and away from others if you are feeling ill. Where possible, contact a friend, family member, or delivery services to carry out errands.
- Where possible, don't use public transportation (e.g., buses, taxis, ride sharing).
- Limit your contact with people and avoid having visitors to your home.
- Self-isolation means staying home and avoiding situations where you could infect other people (e.g., social and public settings, work, school, faith-based gatherings).
- Social distancing means **limiting** not stopping your public interactions. For example choosing to stay away from mass gatherings like sporting or large social events, limiting all non-essential travel, and if possible working from home.

### Emotional Preparedness

- Get timely and accurate information from credible sources. Misinformation can be incredibly dangerous during any epidemic or emergency.  
For latest updates, go to: <https://www.alberta.ca/coronavirus-info-for-albertans.aspx>
- If possible, maintain your normal daily routine.
- Focus on positive things such as exercising, writing, organizing, and sleep.
- Be mindful, gently paying attention to your thoughts, feelings, and body sensations. This can help you understand why you're feeling anxious or stressed. It may help you to identify actions you can take to feel more in control.
- Spend time with family and family indoors and engage in activities that you can do together (e.g., sharing meals, playing games, or watching TV).
- If you are in self-isolation, look for opportunities to stay connected with family and friends.
- Find comfort in your spiritual and personal beliefs.

### Additional Information

- An influenza pandemic can occur at any time and occurs every few decades.
- Breathing techniques can help calm your nervous system and help you think more clearly. Take a slow deep breath in and then exhale slowly (repeat 10 times).

If you are concerned about your symptoms or may be at risk, call Health Link at **811**  
or access the online COVID-19 screening tool at: [www.ahs.ca/COVID](http://www.ahs.ca/COVID)

