



PANDEMIC

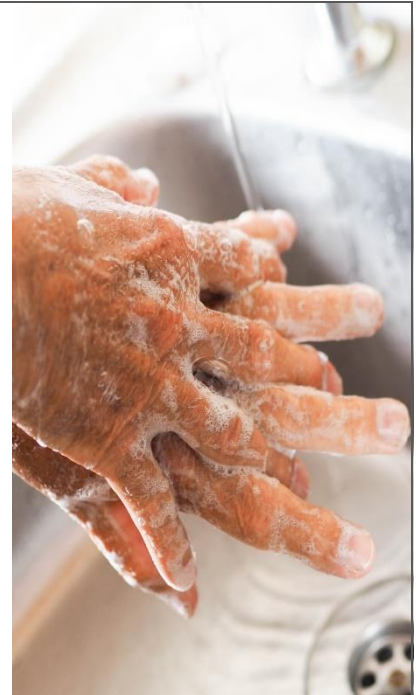
Prepare and Share

A pandemic is a disease outbreak that spans several countries and affects a large number of people which can easily spread from person to person. A new virus, like COVID-19, can emerge from anywhere and quickly spread around the world. It is hard to predict when or where the next new pandemic will emerge. Here are some tips to help you protect yourself from contagious virus. Please share this information with family and friends.

- Germs can pass from a non-living object to a person.
- May be spread by people who are infected but don't have any symptoms.
- A vaccine, testing, or treatment for the disease may not exist right away.
- It may take months or years for the majority of the world to become immune to the disease.
- Wash your hands often with soap and water for at least 20 seconds and try not to touch your eyes, nose, and mouth.
- Keep a distance of at least six feet between yourself and people who are not part of your household.
- Cover your mouth and nose with a mask when in public.
- Clean and disinfect high-touch objects and surfaces.
- Stay at home as much as possible to prevent the spread of disease.
- If you are feeling ill, stay home and seek medical help, if needed.

Follow the guidance of the Centers for Disease Control and Prevention (CDC) and local authorities.

For more information on how to prepare, please visit the FEMA website at [ready.gov/pandemic](https://www.ready.gov/pandemic)



IMPORTANT NUMBERS

Emergencies: 911

Non-Emergencies: 860-523-5203

West Hartford-Bloomfield Health District: 860-561-7900
westhartfordct.gov/health

Town Hall: 860-561-7500

CT Dept. of Public Health:
<https://portal.ct.gov/DPH>

Centers for Disease Control & Prevention: [cdc.gov](https://www.cdc.gov)