

What should you do during a pandemic?

Both the Alberta and the Municipality of Jasper Plans outline what various levels of government and the health system will do during a pandemic. There are things residents can do to control the spread of influenza.

During every flu season, even when there is no pandemic, you should:

- If eligible, vaccinate yourself and members of your family against influenza. Regional health authorities provide flu immunization programs every year.
- Cover your mouth when coughing or sneezing, and immediately wash your hands. This helps prevent the spread of infectious diseases, including the common cold and the flu.

If you develop the flu, follow general guidelines to take care of yourself:

- Rest.
- Drink plenty of fluids.
- Take acetaminophen for fever or pain.
- Wash your hands to prevent further spread of the disease.

During a pandemic:

- Be alert to information on radio and newspapers. Alberta Health and Wellness and the Aspen regional health authority will advise you about the availability of immunization and any steps you can take to avoid disease.
- Health professionals will provide care to the very ill and provide information on self-care or caring for family members at home.
- Municipality of Jasper and Parks Canada will also update emergency information on the local emergency line 852-3311