

What you need to know about

Alberta's Plan For Pandemic Influenza

While there is currently **no** pandemic influenza, preparation is our **best protection**. Unlike seasonal influenza we see each year, pandemic influenza results when a new strain of virus spreads rapidly around the world. This can cause serious illness and death for millions of people.

- **Alberta is preparing.** The province has a plan to respond to pandemic influenza. The aim is to slow the spread of the disease, minimize serious illness and death, and avoid disruptions to essential community services.
- **What you can expect.** More people would be sick during a pandemic influenza, interrupting everyday services and making it harder for the health system to keep up.
- **Vaccines and antiviral medications.** A vaccine will not be available for the first four to six months after the pandemic virus is identified. The limited antiviral medication will be given to the most seriously ill and those providing critical services.
- **What you can do.** Take steps to protect your health now, and during pandemic influenza. Wash your hands, cover your cough, get plenty of rest and drink plenty of fluids. If you are ill, reduce your contact with others.

For more information about pandemic influenza, visit www.health.gov.ab.ca, call Health Link Alberta – in Edmonton **408-LINK** (5465), or outside the Edmonton calling area toll-free **1-866-408-LINK** (5465).

