

Pandemic Preparedness Plan **Marc Siegel, M.D.***

Bird flu is a wake-up call for disaster preparedness in general. We are overly reliant on technology, and this technology can break down. In terms of the work and home environment, here are some general suggestions:

- 1 - Keep going about your daily routines and try to keep worry at a minimum. People who are worried tend to take fewer precautions.
- 2 - Avoid coughing and sneezing in public, not because of bird flu, but because a cough or a sneeze can transmit *any* virus 12 feet. Wash your hands frequently with soap and water.
- 3 - Stay home if you are sick, and avoid crowds.
- 4 - Have an office plan to work with fewer employees, consider dual roles for your employees.
- 5 - Have an emergency battery operated supply of energy.
- 6 - Have an ability to work from home.
- 7 - Keep a few weeks supply of non-perishable food, water, and medications at home in the event of a disaster.
- 8 - Keep a supply of emergency phone numbers.
- 9 - Know your blood type.
- 10 - Have a plan for taking care of family members, including ones that are out of town.

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