

Information and Resources

The following resources, listed by module, were discussed in this program. Duplicate listings have been deleted. Be sure to check these websites regularly for updated information.

MODULE 1: PANDEMIC FLU BASICS

- *Is it a Cold or the Flu?*, from the New Jersey Department of Health and Senior Services
www.state.nj.us/health/flu/fluorcold.shtml
- *Cover Your Cough*, from the U.S. Centers for Disease Control and Prevention
www.cdc.gov/flu/protect/covercough.htm
- *When Should You Wash Your Hands*, from the New Jersey Department of Health and Senior Services
www.nj.gov/health/flu/documents/when_to_wash_hands.pdf
- www.pandemicflu.gov
- www.njflupandemic.gov

MODULE 2: PERSONAL PLANNING

- *Pandemic Flu Personal Emergency Plan*, from the New Jersey Department of Health and Senior Services www.nj.gov/health/flu/documents/emergency_plan.pdf
- *Preparing for Disaster for People with Disabilities and Other Special Needs*, from Homeland Security, FEMA and the American Red Cross www.fema.gov/pdf/library/pfd_all.pdf
- During a flu pandemic, this website will also provide information for people with special needs
www.disabilitypreparedness.gov
- *Advance Directives for Health Care: Planning Ahead for Important Health Care Decisions*, from the New Jersey Bioethics Commission www.state.nj.us/health/healthfacilities/publications.shtml
- *Food and Water in an Emergency*, from Homeland Security, FEMA and the American Red Cross
www.fema.gov/pdf/library/f&web.pdf

MODULE 3: RISK REDUCTION

- *Wash Your Hands* and other materials available in English and Spanish, with special materials for children, from the New Jersey Department of Health and Senior Services
www.state.nj.us/health/cd/handwashing.shtml
- *Use of Facemasks and Respirators in the Community*, adapted from the U.S. Centers for Disease Control and Prevention www.nj.gov/health/flu/documents/facemasks_and_respirators.pdf.
For updates, visit: www.pandemicflu.gov/plan/community/maskguidancecommunity.html

MODULE 4: IMPACT ON HEALTH CARE

- *Isolation and Quarantine Fact Sheet*, from the New Jersey Department of Health and Senior Services www.nj.gov/health/flu/documents/isolation_and_quarantine.pdf
- *Caring for the Flu at Home: A Self-Help Guide*, from the New Jersey Department of Health and Senior Services www.nj.gov/health/flu/documents/flu_guide.pdf

MODULE 5: PANDEMIC FLU AND THE WORKPLACE

- *Workplace Planning*, a webpage at www.pandemicflu.gov, managed by the U.S. Department of Health & Human Services www.pandemicflu.gov/plan/workplaceplanning/index.html

Other resources on this site include:

- *Planning Checklists for Employers*
www.pandemicflu.gov/plan/checklists.html
- *Workplace Questions for Employees*
www.pandemicflu.gov/faq/workplace_questions/index.html

MODULE 6: EMOTIONAL CHALLENGES OF A FLU PANDEMIC

- New Jersey Division of Mental Health Services, Disaster and Terrorism Branch
www.disastermentalhealthnj.com
- New Jersey Disaster Mental Health Helpline
Help line: 1-877-294-HELP (4357) and TTY: 1-877-294-4356
- New Jersey's mental health information and referral service
www.njmentalhealthcares.org
- *How Families Can Help Children Cope with Fear and Anxiety*, from the U.S. Department of Health and Human Services mentalhealth.samhsa.gov/publications/allpubs/Ca-0022/default.asp
- *Coping With Your Emotions During Public Health Emergencies*, from the New Jersey Department of Human Services, available online at www.disastermentalhealthnj.com/professional_resource.htm