Episode 4 -- Your Preparedness

Being informed and prepared can help during any emergency or disaster, including public health emergencies.

Hi, I'm Dr. Gil Chavez, acting chief deputy of the California Department of Public Health.

I am here to help you stay healthy by providing you with information that can help you protect yourself (and your family) against pandemic flu and seasonal flu.

Staying informed means paying attention to what your physician or other health care providers, and public health officials, are saying. They want you to stay healthy.

You also need to follow public health advice regarding personal hygiene -- at home, in schools and in the workplace.

You may also want to reconsider any travel or social plans, like parties or large gatherings, so you are less likely to encounter a person who is ill, and less likely to spread any illness that you may have.

Public health officials can also help keep you informed about vaccinations.

You can stay prepared by stocking up on supplies you might need in case you get sick, like food and medicines. Going to the store when you're sick isn't much fun, plus it increases the chance that you'll make other people sick.

Eating right and staying physically active can also help you be prepared, by making sure your body's immune system is in top shape.

You can learn more about the flu, and other health issues, on our Web site, www.CDPH.CA.GOV

When it comes to staying healthy, it’s important to stay informed and stay prepared.

Remember: wash your hands, cover your cough or sneezes, stay home if you’re ill and get vaccinated.

They’re simple steps that have proven effective over time.

I’m Dr. Gil Chavez, wishing you good health.