

# Influenza Inayoenea Kote: Ni nini maana yake na Jinsi ya Kujitayarisha

## Pandemic Flu: What it is and How to Prepare

When many people get a disease at the same time, it is called a pandemic. Pandemic flu is caused when people get sick or infected from a new flu virus. This type of flu spreads easily from person to person and can cause many people to become very ill or die.

### Signs of Flu

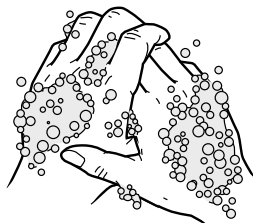
The signs of seasonal flu are fever, cough, sore throat, runny or stuffy nose, muscle aches, headache, chills and fatigue. Some people have vomiting and diarrhea. The signs of pandemic flu are the same, but they may be more severe and affect more people. With pandemic flu, healthy adults may be at increased risk for problems.

### Controlling the Spread of the Flu

Health experts will test the new flu virus to see if medicines used to treat and prevent seasonal flu are effective. It may take six months or longer to make a vaccine for a new flu virus. The supply of vaccine will be small at first.

**To help prevent spreading the flu, be sure to:**

- **Wash your hands often with soap and water.** Use alcohol-based hand sanitizer when soap and water are not available.



Watu wengi wanapopata ugonjwa wakati mmoja, hali hii huitwa maradhi yanayoenea kote. Influenza inayoenea kote husababishwa wakati watu wanakuwa wagonjwa au kuambukizwa na virusi vipya vya influenza. Aina hii ya influenza husambaa kwa urahisi kutoka mtu mmoja hadi mwingine na inaweza kusababisha watu wengi kuwa wagonjwa zaidi au kufa.

### Dalili za Influenza

Dalili za influenza ya kimsimu ni joto la homa, kukohoa, koo linalowasha au pua lenye kamasi, maumivu ya misuli, kuumwa na kichwa, kuhisi baridi na uchovu. Baadhi ya watu hutapika na kuharisha. Dalili za influenza inayoenea kote ni sawa na hizi, lakini zinaweza kuwa kali zaidi na kuathiri watu wengi zaidi. Kwa influenza inayoenea kote, watu wazima walio na afya wanaweza kuwa katika hatari kubwa ya kupata matatizo.

### Kudhibiti Kusambaa kwa Influenza

Wataalamu wa afya watafanya majaribio ya virusi vipya vya influenza ili kuona iwapo dawa zinazotumika katika kutibu na kuzuia influenza ya kimsimu zinafanya kazi. Huenda ikachukua miezi sita au zaidi kutengeneza chanjo ya virusi vipya vya influenza. Usambazaji wa chanjo utakuwa mchache mwanzoni .

**Ili kuzuia kusambaa kwa influenza, hakikisha kuwa:**

- **Unaosha mikono yako kila wakati kwa sabuni na maji.** Tumia kisafishaji cha mikono kilichotengenezwa kwa pombe wakati maji na sabuni hayapatikani.

- **Avoid touching your eyes, nose and mouth.** The flu often spreads this way.



- **Cough or sneeze into the bend of your arm, not your hands.** If you have a tissue, cover your mouth and nose when you cough or sneeze. Throw the tissue away, and then wash your hands.
- **Clean surfaces**, such as countertops, sinks, faucets, doorknobs, telephones and light switches with a disinfectant cleaner or a cleaner with bleach. You can also mix your own water and bleach solution. Mix 10 parts water with one part bleach.
- **Limit your contact with people who are ill.**
- Avoid shaking hands, hugging and kissing if you are ill and with others who are ill. Stay 6 feet away from those who are ill.

- **Stay away from others when you are sick.** Stay home from work, school or running errands. Leave home only for medical care and be sure to wear a disposable respirator.
- **Get a full night's rest, eat a healthy diet and drink at least 8 glasses of fluids each day.**



Image: OSHA, U.S. Dept. of Labor

- **Usiguse macho, pua na mdomo wako.** Mara nyingi influenza husambaa kwa njia hii.
- **Kukohoa au kupiga chafya kwenye mkunjo wa mkono wako, si kwenye mikono.** Iwapo una karatasi shashi, funika mdomo na pua lako unapokohoa au kupiga chafya. Tupa karatasi shashi na kisha uoshe mikono yako.
- **Safisha maeneo**, kama vile sehemu za juu za kuuzia, sinki, mifereji, vishikio vya milango, swichi za simu na taa ukitumia kisafishaji cha kuua viini au kisafishaji kilicho na kemikali ya kubadilisha rangi. Unaweza pia kuchanganya maji yako mwenyewe na maji yenye kemikali ya kubadilisha rangi. Changanya vipimo 10 vya maji na kipimo kimoja cha kemikali ya kubadilisha rangi.
- **Usitangamane na watu ambao ni wagonjwa.**
- Usisalimie, kukumbatia na kubusu watu ambao ni wagonjwa iwapo wewe si mgonjwa. Kaa mbali futi 6 kutoka kwa wale ambao ni wagonjwa.
- **Kaa mbali na watu wengine iwapo wewe ni mgonjwa.** Usiende kazini, shuleni au kufanya kazi ndogo ndogo. Ondoka nyumbani tu iwapo unaenda kupata matibabu na hakikisha kuwa umevaa kifaa cha kupumua kinachotumika na kutupwa.
- **Pata usingizi kamili usiku, kula lishe bora na unywe angalau gilasi 8 za vitu vioevu kila siku.**

## Plan Ahead

Plan ahead to help protect you and your family and limit the effects of pandemic flu.

### If many people are ill with pandemic flu:

- Hospitals and doctors' offices will be very busy.

## Weka Mpango Mapema

Weka mpango mapema ili ukusaidie kukulinda wewe na familia yako na udhibiti athari za influenza inayoenea kote.

### Iwapo watu wengi ni wagonjwa kutokana na influenza inayoenea kote:

- Hospitali na ofisi za madaktari zitakuwa na shughuli nyingi zaidi.

- You may need to stay home to care for ill family or children.
- Schools and child care centers may close.
- Stores may be in short supply of food, water, medicines and medical supplies.
- Special events or religious services may be cancelled.

### Use these three steps to prepare:

1. Make a plan for you and your family at home and at work.
2. Prepare an emergency kit of supplies.
3. Listen for information about what to do and where to go during a flu outbreak.

## Step 1. Make a Plan

### Your Plan for Home

Talk to your family about this plan so they know what to do. Your plan should include:

- Health information for each member of the family, including date of birth, blood type, allergies, past and current medical problems, current medicines and dosages, medical equipment and copies of medical insurance cards.
- Someone to care for your children at home in case you cannot be there or you become ill.
- An emergency phone and e-mail contact list. Share it with family members, work, schools and child care centers.
- Local and out-of-town emergency contacts.
- Doctors' names and phone numbers.
- Locations of hospitals, clinics and urgent cares near work, school and home.

- Huenda ukahitaji kusalia nyumbani ili kushughulikia watoto au familia.
- Huenda shule na vituo vya kutunza watoto vikafungwa.
- Huenda maduka yakawa na upungufu wa chakula, maji, dawa na vitu vya matibabu.
- Huenda matukio maalum au huduma za kidini zikaghairiwa.

### Tumia hatua hizi tatu kujitayarisha:

1. Weka mpango kwa ajili yako na familia yako nyumbani na kazini.
2. Tayarisha zana ya vitu vya dharura.
3. Sikiliza taarifa kuhusu mambo ya kufanya na mahali pa kuenda wakati wa mkurupuko wa influenza.

## Hatua ya 1. Weka Mpango

### Mpango Wako wa Nyumbani

Zungumza na familia yako kuhusu mpango huu ili wafahamu jambo la kufanya. Mpango wako unapaswa kujumuisha:

- Maelezo ya afya ya kila mwanafamilia, ikiwa ni pamoja na tarehe ya kuzaliwa, aina ya damu, mizio, matatizo ya zamani na ya sasa ya kimatibabu, dawa na vipimo vya sasa vya dawa, kifaa cha matibabu na nakala za kadi za bima ya afya.
- Mtu wa kuwatunza watoto wako nyumbani katika hali ambapo huwezi kuwepo au ukiwa mgonjwa.
- Orodha ya simu na anwani za barua pepe za dharura. Ishiriki orodha na wanafamilia, kazini, shule na vituo vya utunzaji wa watoto.
- Mtu wa dharura wa kuwasiliana naye wa eneo lako au aliye nje ya mji.
- Majina na nambari za simu za madaktari.
- Maeneo ya hospitali, kliniki na vituo vya huduma za dharura karibu na kazini, shuleni na nyumbani.

- Locations of local and state health departments and their phone numbers.
- Pharmacy name and phone number.
- Religious or spiritual information.

### Your Plan for Work

If you work:

- Discuss work policies with your boss.  
Ask:
  - How the business will continue during a pandemic.
  - If you can take time off to care for yourself or a family member.
  - If you can work from home or if you are expected to come to work.
- Understand you may be asked to stay home from work or come in and do other tasks.
- Plan for less or no income if you are unable to work or the company closes.

If you own a business:

- Make an emergency plan and talk to your employees about it. Test and revise your plan as needed.
- Decide which employees and supplies are needed to maintain the business.
- Provide infection- control supplies such as hand sanitizer, tissues and waste cans for soiled items.
- Look at how pandemic flu could impact business' finances, shipping and travel.
- Define your policies on employees working from home, caring for ill family or paying for employee illness.

- Maeneo ya idara za afya za jimbo au eneo lako na nambari zake za simu.
- Jina na nambari ya duka la dawa.
- Maelezo ya kidini au kiroho.

### Mpango Wako wa Kazini

Iwapo unafanya kazi:

- Jadiliana na mwajiri wako kuhusu sera za kazi. Uliza:
  - Jinsi biashara itakavyoendelea wakati wa maradhi yanayoenea kote.
  - Iwapo unaweza kupata muda wa kujihudumia au kumhudumia mwanafamilia.
  - Iwapo unaweza kufanya kazi ukiwa nyumbani au iwapo unatarajiwa kuja kazini.
- Fahamu kuwa unaweza kuombwa usije kazini au uje na ufanye kazi zingine.
- Weka mpango wa kuwa na mapato machache au kutokuwa na mapato iwapo huwezi kufanya kazi au kampuni ikifungwa.

Iwapo unamiliki biashara:

- Weka mpango wa dharura na uzungumze na wafanyakazi wako kuhusu. Jaribu na upitie tena mpango wako ipasavyo.
- Amua kuhusu ni wafanyakazi na vitu gani vinavyohitajika ili kuendeleza biashara.
- Toa vitu vya kudhibiti maambukizi kama vile visafishaji vya mikono, karatasi shashi na mikebe isiyotumika kwa ajili ya kuweka taka.
- Angalia kuhusu jinsi influenza inayoenea kote inaweza kuathiri fedha za biashara, usafiri na usafirishaji.
- Fafanua sera zako kuhusu wafanyakazi wanaofanyia kazi nyumbani, kuhudumia mwanafamilia ambaye ni mgonjwa au kulipia matibabu ya mfanyakazi ambaye ni mgonjwa.

## Step 2. Prepare an Emergency Kit

Have a **2 week** supply of these items for **each person and pet**.

### Food and Other Items

- Water in clean, sealed plastic containers – store 1 gallon for each person for each day
- Electrolyte drinks such as Gatorade, Powerade or Pedialyte (for children)
- Bananas, rice, applesauce and toast or crackers for nausea, vomiting or diarrhea
- Ready- to- eat canned meats, fruits and vegetables
- Manual can opener
- Protein or fruit bars
- Dry cereal, granola, nuts and crackers
- Peanut butter
- Dried foods such as dried fruit and dehydrated meals
- Canned juices
- Powdered milk or cans of evaporated milk
- Cans or jars of baby food and baby formula
- Pet food

### Medical, Health and Emergency Items

- Prescribed health supplies
- Prescription medicines
- Over-the-counter medicines to treat fever, pain, stomach problems, coughs, colds and diarrhea

## Hatua ya 2. Tayarisha Zana za Dharura

Kuwa na bidhaa za vitu hivi za kudumu kwa wiki **2 kwa ajili ya kila mtu na mnyama pendwa**.

### Chakula na Bidhaa Zingine

- Maji katika vyombo safi na vilivyofungwa vya plastiki – hifadhi galoni 1 kwa ajili ya kila mtu kila siku
- Vinywaji vyenye elektrolaiti kama vile Gatorade, Powerade au Pedialyte (kwa watoto)
- Ndizi, mchele, juisi ya tufaha na mkate au vitafunwa kwa ajili ya kichefuchefu, kutapika au kuharisha
- Nyama za mkebe zilizotayari kuliwa, matunda na mboga
- Kifaa cha kufungua mkebe unachoweza kukitumia mwenyewe
- Baa za protini au matunda
- Nafaka iliyokauka, granola, nyugu na vitafunwa
- Siagi ya karanga
- Vyakula vilivyokaushwa kama vile matunda yaliyokaushwa na vyakula vilivyokamuliwa maji
- Juisi zilizomiminwa
- Maziwa ya unga au mkebe ya maziwa yaliyokaushwa
- Mikebe au magudulia ya chakula cha mtoto na fomula ya mtoto
- Chakula cha mnyama pendwa

### Bidhaa za Matibabu, Afya na Dharura

- Vitu vya afya ulivyoandikiwa na daktari
- Dawa ulizoandikiwa na daktari
- Dawa zinazonunuliwa dukani za kutibu homa, maumivu, matatizo ya tumbo, vikohozi, homa na kuharisha

- Health information for each member of the family
- Soap and alcohol-based hand sanitizer
- Tissues and toilet paper
- Baby supplies such as diapers and bottles
- Digital thermometer
- Trash bags
- Cleaning supplies
- Money

### Step 3. Listen for Information

- Stay calm and get as many facts as you can.
- Listen for reports on the television, radio or Internet.
- For current information, go to [www.pandemicflu.gov](http://www.pandemicflu.gov) or [www.flu.gov](http://www.flu.gov). This may only be available in English and Spanish.

- Maelezo ya afya ya kila mwanafamilia
- Kisafishaji cha mikono kinachotengenezwa kwa sabuni na pombe
- Karatasi shashi
- Vitu vya mtoto kama vile nepi na chupa
- Kipimajoto cha kidijitali
- Begi za taka
- Vitu vya kufanyia usafi
- Pesa

### Hatua ya 3. Sikiliza Taarifa

- Kuwa mtulivu na upate kauli za kweli nyingi kadri uwezavyo.
- Sikiliza ripoti kwenye televisheni, redio au Intaneti.
- Kwa maelezo ya hivi majuzi, nenda katika [www.pandemicflu.gov](http://www.pandemicflu.gov) or [www.flu.gov](http://www.flu.gov). Huenda haya yakapatikana tu kwa lugha ya Kiingereza na Kihispania.