



just in case arizona

Disease/Pandemic Influenza

The Facts:

- An influenza pandemic occurs when a new influenza or “flu” virus appears.
- A pandemic happens when a virus that humans have no immunity against breaks out around the world.
- Diseases like the flu can be prevented and controlled if you ...
 - cover your nose and mouth with a tissue when you sneeze or cough; throw away the tissue after one use;
 - cough or sneeze into the crook of your arm or sleeve if no tissues are around;
 - wash your hands with lots of soap and warm water or clean them with an alcohol-based sanitizer after you cough or sneeze;
 - do not touch your eyes, nose or mouth;
 - stay away from people who are sick or have been around sick people; and
 - stay home from work or school if you are sick.

Vocabulary:

- **Antibody:** a substance made by special cells in the body that combines with and blocks the effects of an antigen.
- **Antigen:** a foreign substance that causes the immune system to work. A virus is an antigen. There's a different antigen for every cold that you've ever had and every type of flower that's ever made you sneeze.
- **Bacteria:** single-celled organisms. There are thousands of types of bacteria, and they live virtually anywhere. Bacteria are bigger than viruses. Bacteria can reproduce by themselves.
- **Disease:** an unhealthy condition of the body.
- **Immunity:** the body's ability to resist a disease.
- **Microbe:** anything too small to be visible to the naked eye. Two types of microbes are bacteria and viruses.
- **Pandemic:** an outbreak that occurs worldwide and affects many people.
- **Virus:** an antigen that can grow and reproduce only in living cells. Viruses have a core of genetic material.

References:

- **World Health Organization (WHO)**
- **Centers for Disease Control (CDC)**
- **Merriam-Webster Word Central**

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