

## Human Disease Outbreak Checklist

### Be Prepared

- Create a codeReady Plan that includes a Stay Plan.
- Build at least a 1-month codeReady Kit.

### Prevent Outbreaks from Spreading

- Use good hand hygiene; most infections are transmitted through hands that have been contaminated.
- Demonstrate cough etiquette by coughing onto your sleeve or into tissues that you dispose of immediately; many infections are spread by droplets expelled into the air when coughing or sneezing.
- Stay healthy and up-to-date on all of your immunizations, including annual influenza vaccinations.
- Stay home from work, school or day care if you or a household member is sick.
- If you're sick, stay away from large public gatherings.
- Avoid close contact with individuals who are sick.
- Medical professionals should report all suspect cases.