

## ***Get informed***

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Knowing the facts is the best preparation. Identify sources you can count on for reliable information. If a pandemic occurs, having accurate and reliable information will be critical.

- Reliable, accurate, and timely information:  
[www.pandemicflu.gov](http://www.pandemicflu.gov)
- Centers for Disease Control and Prevention (CDC)  
24-hour hotline: 800-CDC-INFO [800-232-4636]  
Email: [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)
- U.S. Consulate Guangzhou's website on avian influenza:  
[guangzhou.usembassy-china.org.cn/health\\_issues.html](http://guangzhou.usembassy-china.org.cn/health_issues.html)
- Warden Messages issued by American Citizen Services:  
[guangzhou.usembassy-china.org.cn/recent\\_warden\\_messages2.html](http://guangzhou.usembassy-china.org.cn/recent_warden_messages2.html)
- Information on remaining in-country during a pandemic:  
[travel.state.gov/travel/tips/health/health\\_3096.html](http://travel.state.gov/travel/tips/health/health_3096.html)
- U.S. Department of State's pandemic influenza fact sheet:  
[travel.state.gov/travel/tips/health/health\\_1181.html](http://travel.state.gov/travel/tips/health/health_1181.html)

## ***Designated Hospitals for Foreign Patients in Guangzhou***

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*The U.S. Consulate General Guangzhou assumes no responsibility for the professional ability or reputation of the medical facilities whose names appear on the following list.*

- Guangdong Provincial People's Hospital  
96 Dongchuan Road, Guangzhou 510080  
Tel: 8382-7812 x2603; 8384-8627 (Emergency)
- 1<sup>st</sup> Affiliated Hospital of Guangzhou Medical College  
1 Yanjiang Road, Guangzhou 510120  
Tel: 8333-7750 x3046; 8333-6797 (Emergency)



Sources: Centers for Disease Control and Prevention (CDC)  
U.S. Department of State

### ***To plan for a pandemic***

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- Store a two week supply of water and food. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies, such as power outages and disasters.
- Periodically check your regular prescription drugs to ensure a continuous supply in your home.
- Have nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- Talk with family members and loved ones about how they would be cared for if they became sick or what will be needed to care for them in your home.
- Volunteer with local groups to prepare and assist with emergency response.
- Get involved in your community as it works to prepare for an influenza pandemic.

### ***To limit the spread of germs and prevent infection***

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- Teach your children to wash hands frequently with soap and water, and model the correct behavior.
- Teach your children to cover coughs and sneezes with tissues, and be sure to model that behavior.
- Teach your children to stay away from others as much as possible if they are sick. Stay home from work and school if you are sick.

### ***Items to have on hand for an extended stay at home***

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Examples of: Food and non-perishables	Examples of: Medical, health, and emergency supplies
<input type="checkbox"/> Ready-to-eat canned meats, fish, fruits, vegetables, beans, and soups	<input type="checkbox"/> Prescribed medical supplies, such as glucose and blood pressure monitoring equipment
<input type="checkbox"/> Protein or fruit bars	<input type="checkbox"/> Soap and water, or alcohol based (60-95%) hand wash
<input type="checkbox"/> Dry cereal or granola	<input type="checkbox"/> Medicines for fever, such as acetaminophen or ibuprofen
<input type="checkbox"/> Peanut butter or nuts	<input type="checkbox"/> Thermometer
<input type="checkbox"/> Dried fruit	<input type="checkbox"/> Anti-diarrheal medication
<input type="checkbox"/> Crackers	<input type="checkbox"/> Vitamins
<input type="checkbox"/> Canned juices	<input type="checkbox"/> Fluids with electrolytes
<input type="checkbox"/> Bottled water	<input type="checkbox"/> Cleansing agent/soap
<input type="checkbox"/> Canned or jarred baby food and formula	<input type="checkbox"/> Flashlight
<input type="checkbox"/> Pet food	<input type="checkbox"/> Batteries
<input type="checkbox"/> Other non-perishable food items	<input type="checkbox"/> Portable radio
	<input type="checkbox"/> Manual can opener
	<input type="checkbox"/> Garbage bags
	<input type="checkbox"/> Tissues, toilet paper, and disposable diapers