

WHAT TO DO IF THERE IS AN EPIDEMIC OR PANDEMIC

OFFICIAL UPDATES LU-Alert · RTL, 100.7 · 112

DO THIS NOW

- 1** Follow the health authorities on LU-Alert, the radio, infocrise and the national health portal, sante.public.lu. Do what they ask, even when the advice changes.
- 2** Wash your hands often with soap and water, for at least **30 seconds** each time.
- 3** Cough or sneeze into a tissue or into your elbow. Put the tissue in the bin straight away, then wash your hands.
- 4** Air every room **3–4 times a day**, for about **10 minutes** each time.
- 5** Wear a face mask when the health authorities advise it.
- 6** Avoid hugs, kisses and handshakes if someone at home is ill, and clean the surfaces you share, such as door handles, taps and tables.
- 7** Contact your doctor early if you fall ill or belong to a risk group. Call **112** in an emergency.

BEFORE

STOCK THE BASICS

- Your medicines for at least **7 days**, and a first-aid kit with a fever reducer such as paracetamol, and cold and flu remedies.
- Face masks, hand gel, soap, tissues, disinfectant and bin bags.
- Food and water for at least **72 hours**, in case you need to stay at home: **4 L** of water per person per day. See the [emergency kit checklist](#).

PLAN FOR CLOSURES

- Schools, childcare and workplaces may close. Agree now who looks after the children and whether you can work from home.
- Agree with a neighbour or relative who shops for whom if one of you has to stay in.
- Keep password-protected digital copies of your important documents, as well as

paper ones. Note your doctor's phone number in your **household plan**.

VACCINATIONS

- Ask your doctor whether your vaccinations are up to date, and whether you should have the seasonal flu vaccine.
- In a new pandemic, a vaccine can only be made once the virus is known, so there will be none at the start. Hygiene is your first protection.

AFTER

- Keep the hygiene habits for as long as the health authorities advise them.
- Restock what you used: medicines, masks, hand gel, food.
- Share only information from official sources, and check before you forward a message. **False information** explains how.
- Stay in touch with friends and family while you are at home. If you are struggling, see [Coping with a crisis](#).

IF YOU ARE...

LOOKING AFTER CHILDREN

- Teach them to wash their hands properly and to cough into their elbow. Doing it together makes it a habit.
- Keep in touch with the school or childcare about closures and home learning.

OLDER, ILL, OR LIVING WITH A

DISABILITY

- Some people are at higher risk from flu. Ask your doctor whether you belong to a risk group, and what to do if you fall ill.
- Keep extra medicines at home, and arrange for someone to shop for you so you can stay in when the disease is spreading.

WITH PETS

- Agree who will feed and walk your pets if you are ill, and keep enough pet food in your stock.

LIVING ALONE

- Agree a daily call or message with someone, so a person notices quickly if you fall ill.

EASY-READ SUMMARY

 Wash your hands often with soap.

 Do not hug or kiss someone who is ill.

 Wear a mask when you are told to.

 Call your doctor if you feel ill.

 Follow the news from the health authorities.

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