

Stay at Home Toolkit

for Influenza



Summit County Health District * Akron Health Department * Barberton Health District



Public Health
Prevent. Promote. Protect.

STAY AT HOME TOOLKIT

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PREVENTION



*Basic Information on what household members
can do to prevent the spread of flu*

Prevention

Preventing the Spread of Influenza



PREVENTING THE SPREAD OF INFLUENZA (FLU)

Most persons with the flu will be able to remain at home while they are sick. They can care for themselves or be cared for by others who live in the household. This information is intended to help recognize the symptoms of influenza and care for sick persons in the home, both during a typical flu season and during an flu pandemic.

At the outset of an flu pandemic, a vaccine will not be available for several months. However, it's still a good idea to get seasonal flu vaccine (a shot or nasal mist) to protect from seasonal flu viruses. For more information on seasonal flu vaccine in Summit County, please call your health department or visit your health department's website listed on page 30.

KNOW THE SYMPTOMS OF INFLUENZA, WHICH MAY INCLUDE:

- | | |
|-------------------------|--|
| Sudden onset of illness | Fever higher than 100.4 degree Fahrenheit |
| Chills | Cough |
| Headache | Sore throat |
| Stuffy nose | Diarrhea, vomiting, abdominal pain and/or |
| Feeling of weakness | exhaustion occur more commonly in children |
| Muscle aches | |

PREVENT THE SPREAD OF ILLNESS IN THE HOME

Flu can spread easily from person to person therefore, anyone living in or visiting a home where someone has influenza can become infected. For this reason, it is important to take steps to prevent the spread of flu to others in the home.

WHAT CAREGIVERS CAN DO

Caregivers need to separate flu patients from other people as much as possible. When practical, the sick person should stay in a separate room away from other persons. Other people living in the home should limit contact with the sick person as much as possible. One person in the household should be the main caregiver for the sick person. Ideally, this caregiver should be healthy and not have medical conditions that would put him or her at risk of severe influenza disease.

MEDICAL CONDITIONS CONSIDERED "HIGH RISK" INCLUDE THE FOLLOWING:

- Pregnancy
- Heart problems
- Age over 65
- Disease or treatment that suppresses the immune system
- Diabetes
- Kidney Disease
- Chronic lung diseases

Prevention

Preventing the Spread of Influenza

WATCH FOR INFLUENZA SYMPTOMS IN OTHER HOUSEHOLD MEMBERS

If possible, contact your health care provider if you have questions about caring for the sick person. However, it may be difficult to contact your usual health care provider during an influenza pandemic. For frequent updates, including how to get medical advice, please visit your health department's website listed on page 30.



If special telephone hotlines are used, these numbers will also be on the website and announced through the media.

Wearing surgical masks (with ties) or procedure masks (with ear loops) may be useful in decreasing spread of influenza when worn by the person and/or caregiver during close contact (within 3 feet). If masks are recommended by your health department, to be useful they must be worn at all times when in close contact with the person with the flu. Throw away masks after each use. Wearing gloves and gowns **are not** recommended for household members providing care in the home.

WHAT EVERYONE IN THE HOUSEHOLD CAN DO:

- Wash hands with soap and water, or if soap and water is not available, use an alcohol-based cleanser/hand sanitizer (like Purell® or a store-brand) after each contact with a person with the flu or with objects in the area where the person is located. **WASHING YOUR HANDS IS THE SINGLE BEST PREVENTIVE MEASURE FOR EVERYONE IN THE HOME.**
- Do not touch your eyes, nose or mouth without first washing your hands for 20 seconds (sing *Happy Birthday* twice). Wash hands before and after using the bathroom.
- Wash dirty dishes either in a dishwasher or by hand with warm water and soap. It's not necessary to separate eating utensils used by a person with influenza.
- Laundry can be washed in a standard washing machine with warm or cold water and detergent. It is not necessary to separate soiled linen and laundry used by a person with influenza from other household laundry. Do not hold or carry the laundry close to your body or face, in order to avoid contamination. Wash hands with soap and water after handling soiled laundry.
- Place tissues used by the sick person in a bag and throw it away with other household trash. Consider placing a bag at the bedside for this purpose.
- Clean counters, surfaces and other areas in the home regularly using everyday cleaning products.

Prevention

Preventing the Spread of Influenza

Prevent the Spread of Illness in the Community

Stay at home if you are sick. Sick persons should not leave the home until they have recovered because they can spread the infection to others.

In a typical flu season, people with the flu should avoid contact with others for about 5 days after exposure to the illness. During an influenza pandemic, public health authorities will provide information on how long persons with the flu should remain at home.



You and your loved ones may want to use the Internet as a primary resource. The Internet can serve as a link to outside resources such as: up-to-date information on influenza, medical and social services, and access to food delivery services. The Internet will help reduce the spread of influenza, by allowing sick persons to stay at home. If the sick person must leave home (such as for medical care), he or she should wear a surgical or procedure mask, if recommended, and do the

following:

- Cover mouth and nose when coughing and sneezing, using tissues or the crook of the elbow instead of the hands.
- Use tissues to contain mucous and watery discharge from the mouth and nose.
- Dispose of tissues in the nearest waste basket after use or carry a small plastic bag (like a zip-lock bag) for used tissues.
- Wash hands with soap and water or use an alcohol-based hand cleanser after covering your mouth for a cough or sneeze, after wiping or blowing your nose and after handling contaminated objects and materials, including tissues.
- During an influenza pandemic, only people who are there to care for or support should enter a home where someone is sick with pandemic influenza unless they have already had influenza.
- If other persons must enter the home, they should avoid close contact with the person and use the infection control precautions recommended on this sheet.

PREVENTION



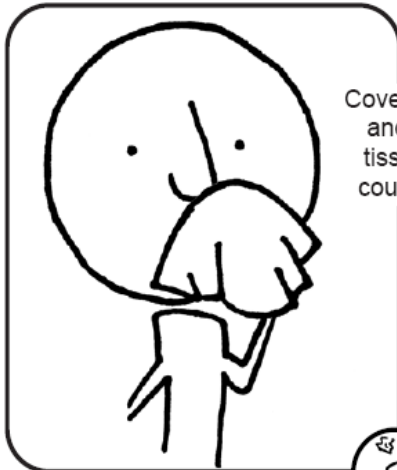
Cover Your Cough

Techniques everyone can use to limit the spread of infection when you cough or sneeze.

Prevention

Stop the spread of germs that make you and others sick!

Cover your Cough



Cover your mouth and nose with a tissue when you cough or sneeze

or cough or sneeze into your upper sleeve, not your hands.

Put your used tissue in the waste basket.



You may be asked to put on a surgical mask to protect others.

Clean your Hands

after coughing or sneezing.



Wash with soap and water

or clean with alcohol-based hand cleaner.



Minnesota Department of Health
717 SE Delaware Street
Minneapolis, MN 55414
612-576-5414 or 1-877-676-5414
www.health.state.mn.us



Minnesota
Antibiotic
Resistance
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PREVENTION



Maintain a Healthy Mind and Body

Important information on how to keep yourself and others mentally and physically healthy during influenza.

Prevention

Maintain a Healthy Mind and Body

THINGS TO REMEMBER WHEN TRYING TO UNDERSTAND AN INFLUENZA OUTBREAK OR PANDEMIC:

- It is normal to worry about yourself and your family's safety.
- Everyone is touched by an influenza outbreak or pandemic.
- Grief and anger are normal reactions.
- Focusing on your strengths will help you heal.
- Everyone has different needs and different ways of coping.

COMMON REACTIONS THAT MAY OCCUR DURING AN INFLUENZA OUTBREAK OR PANDEMIC COULD BE:

- Difficulty talking, sleeping, walking, and concentrating
- Increased irritability
- Depression, sadness, mood swings, and crying easily
- Feelings of helplessness
- Worries about loss of income and job protection, especially if asked to stay at home for an extended period of time
- Concerns about those who depend on you for care
- Fears of separation from life activities
- Feeling a lack of control, especially when control is entirely in the hands of others
- Increased boredom



HOW TO KEEP HEALTHY WHEN STAYING AT HOME:

- Learn as much as you can about influenza, and be aware of normal reactions during a flu outbreak or pandemic.
- Keep to your usual routine, as much as possible.

Prevention

Maintain a Healthy Mind and Body

- Have activities on-hand that can prevent boredom (games, toys, etc.) and keep your mind active.
- Keep your living space as comfortable as possible.
- Get plenty of sleep, try to exercise, eat healthy, and relax.
- Establish a family emergency plan that includes where to meet if you become separated, and important phone numbers.
- Contact a mental health professional or call the County of Summit Alcohol, Drug Addiction and Mental Health Services Board (www.admboard.org) at (330) 762-3500 before, during, and after an influenza outbreak or pandemic, if self help strategies are not helping or if you find that you are using drugs/alcohol in order to cope.
- For mental health emergencies, the following phone numbers may be used:
Adults—(330) 434-9144 or 1(888) 434-8878
Children—(330) 762-0591



PAY SPECIAL ATTENTION TO CHILDREN

- Let children know it is okay to feel upset when something scary happens.
- Encourage children to express feelings and thoughts, without making judgment.
- Enjoy your child and take part in activities together.
- Turn off the TV and radio, especially if the news makes you worried. If you are worried your child can sense it.

Sources:

Centers for Disease Control and Prevention, Substance Abuse and Mental Health Services Administration.
ZERO TO THREE: *Little Listeners in an Uncertain World*, www.zerotothree.org/coping. Myers, D. G. (1985).
Helping the helpers: A training manual. In D. M. Hartsough & D. G. Myers (Eds.)

Disaster Work and Mental Health: Prevention and Control of Stress Among Workers (DHHS Publication No. ADM 85-1422, pp. 45149). Rockville, MD: NIMH. Flynn, B (1987).

Returning home following disaster work. In *Prevention and Control of Stress Among Emergency Workers: A Pamphlet for Team Managers* (DHHS Publication No. ADM 90-1497, pp. 6-9). Rockville, MD: NIMH.

PREVENTION



Influenza Stay at Home Toolkits

*A list of suggested items that should
be in an emergency toolkit.*

Prevention

Influenza Stay At Home Toolkits

List of recommended items for people to include in their emergency kits at home:



- **Thermometer (digital preferred)**—information on taking your temperature and cleaning a thermometer is included in this kit.



- **Alcohol wipes or cotton balls that are saturated with 70% Isopropyl Alcohol or Rubbing Alcohol (to clean the thermometer)**



- **Fever Reducing Medication (Motrin®, Advil™, or Tylenol™)**—take as directed by a physician.



- **Juices & liquids**—hydration is important!

- **Bleach**—formula for disinfection is included in this kit

- **Plastic/Paper utensils, plates, cups, and napkins**—to avoid the need to wash dishes used by person (s) with influenza.

- **Tissues**—in order to contain respiratory secretions. Dispose in nearest waste basket after use.

- **Soap and water**—for handwashing



- **Hand Sanitizer (like Purell®)**—to be used if handwashing facilities are not available.

- **Trash bags**—to dispose of waste products (e.g., tissues, plastic and paper products).



- **Surgical (with ties) or Procedure Mask (with ear loops), one for each person in the household**—use only if instructed to do so by the Summit County Health District (who will be notified by the Centers for Disease Control and Prevention).



- **List of Internet resources for possible delivery of goods and services to your home (e.g., groceries, medical products)**

PREVENTION



Disaster Preparedness Animal Supplies Checklist

*Information on taking care of
a pet during an emergency.*

Prevention

Disaster Preparedness Animal Supplies Checklist

The following information is provided by United Animal Nations (www.uan.org).

Disaster Kit Checklist

✓ Food

- A one-week supply in airtight, waterproof containers
- If using canned food, include a can opener and spoon
- Rotate food every two months to avoid spoilage

✓ Water

- A one-week supply in airtight, waterproof containers
- Avoid storing in direct sunlight
- Rotate water every two months to avoid spoilage

✓ First aid/Medication

- Basic animal first aid kit and book
- At least a one-week supply of any prescription medication
- Heartworm and flea/tick preventative

✓ Identification

- Photos of your pets that show any distinguishing features
- Photos of you with your pets
- Temporary "write-on" identification tag
- Proof of vaccinations (in case you must board your pet)

✓ Animal care supplies

- Collar and leash or harness
- Crate or carrier
- Collapsible food and water bowls
- Blanket, toys and treats

✓ Cleaning supplies

- Paper towels
- Dish soap
- Plastic bags or cat litter with litter tray

Visit www.uan.org to:

- Find more disaster preparedness resources
- Get disaster kit supply tips for various species
- Order supplies and planning materials

Consider These Species-Specific Needs

BIRDS, REPTILES & RABBITS

- At least one week's supply of cage liners
- A long-handled net, heavy towel and blanket
- A flashlight and extra batteries
 - Extra water bottles or bowls
- An evacuation cage or carrier

DOGS

- Pooper scooper and/or small plastic bags
 - Collapsible crate or kennel
- Harness, leash and cable/screw stake

CATS

- Extra litter box and scooper
- One week's supply of litter
- Small plastic airline kennel
 - Harness and leash

HORSES, SWINE & CATTLE

- Halter and lead rope for each animal
 - Extra feeding bucket, water trough, salt lick and tie-out rope
- Clean garbage cans for large quantities of water
 - Two weeks' supply of bedding materials
- Fence panels to create smaller enclosures



United Animal Nations
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11/07

CAREGIVING

Care for Families, Friends, and
Neighbors



CAREGIVING



How to Use a Thermometer

Steps on using an oral digital thermometer that everyone should know.

Caregiving

How to Use a Thermometer

Use a digital thermometer, with numbers, not the old kind of thermometer with mercury (a silver or red line). Old thermometers that contain mercury are a danger to the environment and to human health and should be disposed of properly. Please contact your health department's environmental health unit for directions on how to dispose of your old thermometers. Contact numbers are found on page 30.



Oral Use (basic digital thermometer only)

- Place the end of the thermometer well under the tongue. The mouth should remain closed. Do not bite the thermometer.
- When you hear “beep” sounds remove the thermometer from the mouth.
- Read the numbers on the screen. Normal temperature is 98.6 degrees.

Underarm Use

- Place the end of the thermometer in the armpit so that the probe touches the skin. Hold the arm next to the body.
- When you hear “beep” sounds, take out thermometer.
- Read the numbers on the screen. Normal temperature is 98.6 degrees.

Note: Rectal thermometer use is recommended for babies and young children. Instructions for this method are in the thermometer package. There are times when you may have to take an adult's temperature rectally.

Note: If taking many temperatures, use a plastic cover for the end of the thermometer.

DO NOT reuse thermometer covers.

How to clean the thermometer

- Use alcohol wipes or a cotton ball (saturated with 70% Isopropyl Alcohol or Rubbing Alcohol).
- Rub the alcohol wipe over the entire thermometer.
- Dry the thermometer with a clean dry cloth or cotton ball.
- NEVER return an unclean thermometer to the storage case.

CAREGIVING



How to Care for Someone with Influenza

Tips and suggestions on methods to care for someone who has the flu.

Caregiving

How to Care for Someone with Influenza

During a severe influenza outbreak or pandemic, when people are infected worldwide, the media and healthcare providers will tell residents of Summit County how to obtain medical advice and care. **The following information is a general guide and is not intended to take the place of medical advice from a healthcare provider.**

MONITORING AND COMFORTING

Keep a care log. Date, Time, What Observed. Record the following information about the sick person at least once each day or more often as symptoms change, include the date and time. Please see enclosed care log (Caregiving Sheet #2).

- Check the person's temperature using a digital thermometer
- Check the person's skin for color (pink, pale or bluish) and rash
- Record the approximate quantity of liquids consumed each day and through that night
- Record how many times the sick person goes to the bathroom each day and the color of the urine (clear to light yellow, dark yellow, brown or red)
- Record all medications, dosages and times given

Keep tissues and a trash bag for their disposal within reach of sick person.

Remember that fever is a sign that the body is fighting the infection. It will go away as the person gets better. Sponging with lukewarm (wrist-temperature) water may lower the person's temperature, but only during the period of sponging. **Do not sponge with alcohol.**

Watch for complications of influenza. Complications are common in individuals with health conditions such as diabetes, heart disease and lung problems, but may occur with anyone who has the flu. **If the sick person develops any of the following complications, call your healthcare provider or the 911 emergency medical system:**

- Difficulty breathing, fast breathing, or bluish color to the skin or lips
- Coughing up blood
- Signs of dehydration (not drinking enough liquids) and cannot take enough liquids
- Difficulty responding or communicating appropriately or appears confused
- Convulsions (seizures)
- Gets worse after appearing to improve
- Is an infant younger than 2 months old with fever, poor feeding, urinating less than 3 times per day or other signs of illness

Caregiving

How to Care for Someone with Influenza

MEDICATIONS

Use ibuprofen (Advil™ or Motrin®) or acetaminophen (Tylenol™) or other measures, as recommended by your healthcare provider, for fever, sore throat and general discomfort. **Do not use aspirin in children or teenagers** because it can cause Reye's syndrome, a life-threatening illness.

LIQUIDS AND NUTRITION

If the person is **not** vomiting, offer small amounts of liquids frequently to prevent dehydration, even if he or she does not feel thirsty. If the sick person is not eating solid foods, include liquids that contain sugars and salts, such as broth or soups, sports drinks like Gatorade® (diluted half and half with water), Pedialyte® or Lytren® (undiluted), ginger ale, cola, and other sodas, but not diet drinks or drinks with high amounts of caffeine. Regular urination is a good sign of hydration.

RECOMMENDED MINIMUM DAILY LIQUID INTAKE, IF NOT EATING SOLID FOOD:

Young children-1 ½ oz. of liquid per pound of body weight per day (multiply 1.5 times the weight of the child). Examples:

- A 10 lb. child needs approximately 15 oz. fluid per day
- A 20 lb. child needs approximately 30 oz. fluid per day

Older children and adults-1 ½ to 2 ½ quarts of liquid per day (3-5 8 oz. cups or 2-3 12 oz. cans or bottles)

If the person **is** vomiting, do not give any liquid or food by mouth for at least 1 hour. Let the stomach rest. Next, offer a clear liquid, such as water, weak tea, ginger ale, or broth in very small amounts. Start with 1 teaspoon to 1 tablespoon of clear liquid every 10 minutes. If the person vomits, let the stomach rest again for an hour. Again, try to give small frequent amounts of clear liquid. When there is no vomiting, gradually increase the amount of liquid offered and use liquids that contain sugars and salts. After 6-8 hours of a liquid diet without vomiting, add solid food that is easy to digest, such as saltine crackers, dry toast, soup, mashed potatoes or rice. Gradually, return to a regular diet.

Babies who are breast-fed and vomiting can continue to nurse. Let your baby nurse more often by breastfeeding for 4-5 minutes every 30-45 minutes or by offering small amounts (1/2 ounce or less at a time) of Pedialyte® or Lytren® on its own every 10 minutes in a bottle.

Caregiving

How to Care for Someone with Influenza

Tell the person to avoid drinking alcohol and using tobacco. **Do not allow smoking in the house.**

WATCH FOR THE FOLLOWING SIGNS OF DEHYDRATION OR NOT DRINKING ENOUGH LIQUIDS:

- Weakness or unresponsiveness
- Decreased saliva/dry mouth and tongue
- Sunken eyes
- Skin tenting or turgor: check this by picking up layers of skin between your thumb and forefinger and gently pinching for 1 second. Normally, the skin will flatten out into its usual shape right away. If the person is dehydrated, the skin will “tent” or take 2 more seconds to flatten out. This is best checked on the belly skin of a child and on the upper chest of an adult.
- Infants: dehydration symptoms would be fewer than 3 wet diapers in the last 24 hours.
- Decreased output of urine, which becomes dark yellow from dehydration. Sick persons who are getting enough liquids should urinate at least every 8-12 hours.
- If the sick person is dehydrated, give sips or spoonfuls of liquids frequently over a 4-hour period. Watch for an increase in urination, a lighter color of urine and improvement in the person’s overall condition.

Dehydration in infants and the elderly can be dangerous, seek medical attention immediately if symptoms continue to worsen.

MAINTAIN A HEALTHY STATE OF MIND

- Keep the sick person as comfortable as possible. **Rest is important.**
- Tell your family why people might be asked to stay at home.
- Tell your family that normal reactions to a stressful event are feelings such as nervousness, grief, anger, sleeplessness, and sadness.
- Contact a mental health professional or call the County of Summit Alcohol, Drug Addiction, and Mental Health Services Board (www.admboard.org) at (330) 762-3500 before, during, and after an influenza outbreak or pandemic, if self help strategies are not helping or if you find that you are using drugs/alcohol in order to cope.

For children:

- Let the child know that it is okay to feel upset when something bad or scary happens.
- Encourage the child to express feelings or thoughts, without making judgments.
- **Return to daily routines, as much as possible.**

CAREGIVING



Personal Care Log

A table for tracking a person's health during the flu.

Caregiving

Personal Care Log

Influenza Care Log
(Copy, fill out and bring log sheets to health care provider visits)

Name _____ Name of health care provider _____

Date	Time	Observations*	Temperature	Medications

*Include any symptoms such as coughing, confusion, how the person looks; what the person is doing; liquids or foods taken since last observation.

Caregiving

Personal Care Log

Influenza Care Log
(Copy, fill out and bring log sheets to health care provider visits)

Name _____ Name of health care provider _____

Date	Time	Observations*	Temperature	Medications

*Include any symptoms such as coughing, confusion, how the person looks; what the person is doing; liquids or foods taken since last observation.

CAREGIVING



Formula for Disinfection

Methods used to disinfect many types of surfaces for better prevention of transmission during influenza.

Caregiving

Formula for Disinfection

Disinfectant	Recommended Use	Precautions
<p><u>Household Bleach:</u></p> <p>Household bleach may be used in a 1 to 10 ratio with water. For example, to make approximately 1 quart of disinfectant: mix 1/3 cup bleach with 3 and 1/3 cups water.</p> <p>To protect the disinfectant properties of bleach, store it in an opaque container, avoid exposure to sunlight. Remix daily for maximum effectiveness.</p> <p>Clorox® surface spray is a good pre-mixed alternative.</p> <p>Surface disinfecting wipes are also a suitable substitute.</p>	<p>Disinfection of material contaminated with blood and body fluids.</p>	<p>Should be used in well-ventilated areas.</p> <p>Gloves and protective clothing required while handling and using undiluted bleach.</p> <p><u>DO NOT</u> mix with strong acids or ammonium based products to avoid release of noxious fumes.</p> <p>Corrosive to metals.</p>
<p><u>Alcohol:</u></p> <p>E.G. Isopropyl (rubbing alcohol) 70% or ethyl alcohol 60%.</p> <p>Purell® or a similar waterless antibacterial hand hygiene cleaner may be used for hand hygiene purposes.</p>	<p>Smooth metal surfaces, tabletops, and other surfaces on which bleach cannot be used.</p>	<p>Flammable and toxic. To be used in well-ventilated areas. Avoid inhalation.</p> <p>Keep away from heat sources, electrical equipment, flames and hot surfaces.</p>

It is important to clean surfaces such as counters, toilets and sinks, railings, telephones, computer keyboards and mouse, remote controls, and other common surface areas in your house.



CAREGIVING



Guidance for Employees Returning Back to Work After Influenza Illness

Suggestions for someone recently recovered from the flu and who is able to return to work.

Caregiving

Guidance for Employees on Returning to Work after Influenza Illness

OVERVIEW OF INFLUENZA (FLU) VIRUS SYMPTOMS

Flu viruses are spread from person to person primarily through respiratory droplet transmission (for example when an infected person coughs or sneezes in close proximity, normally 3 feet or less, to an uninfected person). The virus may also be spread through contact with infectious or contagious respiratory secretions on the hands of an infected person or by touching objects or surfaces contaminated with the virus.

The typical incubation period, the time between when a person is first exposed to an infectious disease to when signs and symptoms develop, for seasonal influenza is 1-4 days, with an average of 2 days. Adults can be infectious from the day before



symptoms begin through approximately 5-7 days after illness onset. Children can be infectious for more than 10 days after the onset of symptoms. Severely immunocompromised persons can be infectious for weeks or months.

CURRENT CRITERIA FOR EMPLOYEES RETURNING TO WORK AFTER SEASONAL INFLUENZA

Workers who have become sick with the flu should stay at home until all of the following criteria are met:

- At least 5 days have passed since the symptoms of illness began; **AND**
- Fever has resolved and has not been present for at least 24 hours; **AND**
- Cough is improving (decreasing in frequency and amount of secretions with no associated chest discomfort or shortness of breath)

Upon returning to the work environment, employees should continue to follow cough etiquette and hand washing protocols. (See *Cover Your Cough*-Prevention sheet #2).

CRITERIA FOR PANDEMIC INFLUENZA

Experts do not know whether the mode of transmission, incubation period, or contagious period of a pandemic flu virus will be similar to those of the regular seasonal influenza. Because of this, employers must be alert to specific recommendations from their local health department during an influenza pandemic. Management of illness in the workplace, including when it is safe for workers to return to work, will be communicated through various media as necessary. For the most current information, please call your health department or visit your health department's website listed on page 30.

Stay at Home Toolkit

Resources

Summit County Health District
(330) 923-4891
www.schd.org

Akron Health Department
(330) 375-2960
www.ci.akron.oh.us/health04

Barberton Health District
(330) 745-6067
www.barbertonhealth.org

American Red Cross
www.redcross.org

Centers for Disease Control
and Prevention
www.cdc.gov

The Humane Society of the
United States
www.hsus.org

Substance Abuse and Mental
Health Services Administration

World Health Organization
www.who.org

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Public Health
Prevent. Promote. Protect.

