

Pandemic & disease outbreak

ACTION CHECKLIST

Check current local health guidance for the specific disease. Reduce exposure, stay home when sick when feasible and seek care for severe symptoms. Recommended tests, vaccines, masks and isolation steps depend on the pathogen and your health risks.

[] Find current guidance

Use the local health department and CDC disease-specific updates.

[] Reduce transmission

Improve cleaner indoor air and use recommended precautions for the way the disease spreads.

[] Plan care

Ask your clinician about risk, treatment access and continuity of essential medicines.

[] Know urgent signs

Seek emergency help for severe breathing difficulty, new confusion or other life-threatening symptoms.

WATCH FOR

Do not transfer isolation durations or treatment advice from one disease to another.

IF HELP IS UNAVAILABLE

Create a workable sick-person area, improve ventilation where safe and separate shared food, washing and care tasks. Keep medicines and a written symptom record. Obtain disease-specific guidance when possible; do not use unproven treatments or copy isolation rules from another outbreak.

Updated 2026-10-02 | Civilian educational guidance. Seek qualified help when reachable and safe; do not delay immediate protective action.

Full guide: <https://ospreyzero.com/emergencies/pandemic/>

Pandemic & disease outbreak · official guidance