

# Pandemic, Outbreak or Endemic?

## How Do We Protect Ourselves?



### Terms to Know

- Outbreak:** When the number of cases of a disease exceeds what is expected.
- Endemic:** An infection that is always present in a geographic location.
- Epidemic:** A widespread infection (outbreak) during a particular period of time.
- Pandemic:** When an illness or infection is in most of the world.

### A History of Pandemics

- 430 BC:** Earliest recorded pandemic in Athens.
- 165 AD:** A pandemic, perhaps smallpox, spread for 15 years, infecting the Huns, Germans and the Roman Empire.
- 11<sup>th</sup> Century:** Although it existed before then, leprosy became a pandemic, infecting a great number of people.
- 1300s:** Bubonic plague spread through Europe, claiming a third of the world population.

Other pandemics occurred over the years. The 1957 Asian flu killed more than 1.1 million people. COVID-19 has claimed millions of lives worldwide.

### Pandemics Today

The Centers for Disease Control and Prevention (CDC) and others monitor infections. Technology helps us communicate quickly, learn and prepare for pandemics.

- Scientists have mastered how to make vaccines more quickly.
- Health care workers are experienced in protecting us from diseases that can be spread by contact in the air or by touch.
- Masks, gloves, gowns and face shields are barriers that protect us from germs.
- Quarantine protects people from infections.
- Handwashing and cleaning stop the spread of germs.

## Protect yourself and others



**Wash your hands often**



**Stay home when you are sick**



**Get vaccinated when you can**