

## Attachment A

### Materials for Adaptation

The following attached materials will be tested during this evaluation. The print materials will be translated into Spanish, and the Public Service Announcement (PSA) text will be translated into the Mexican indigenous languages of Mixtec and/or Zapotec.

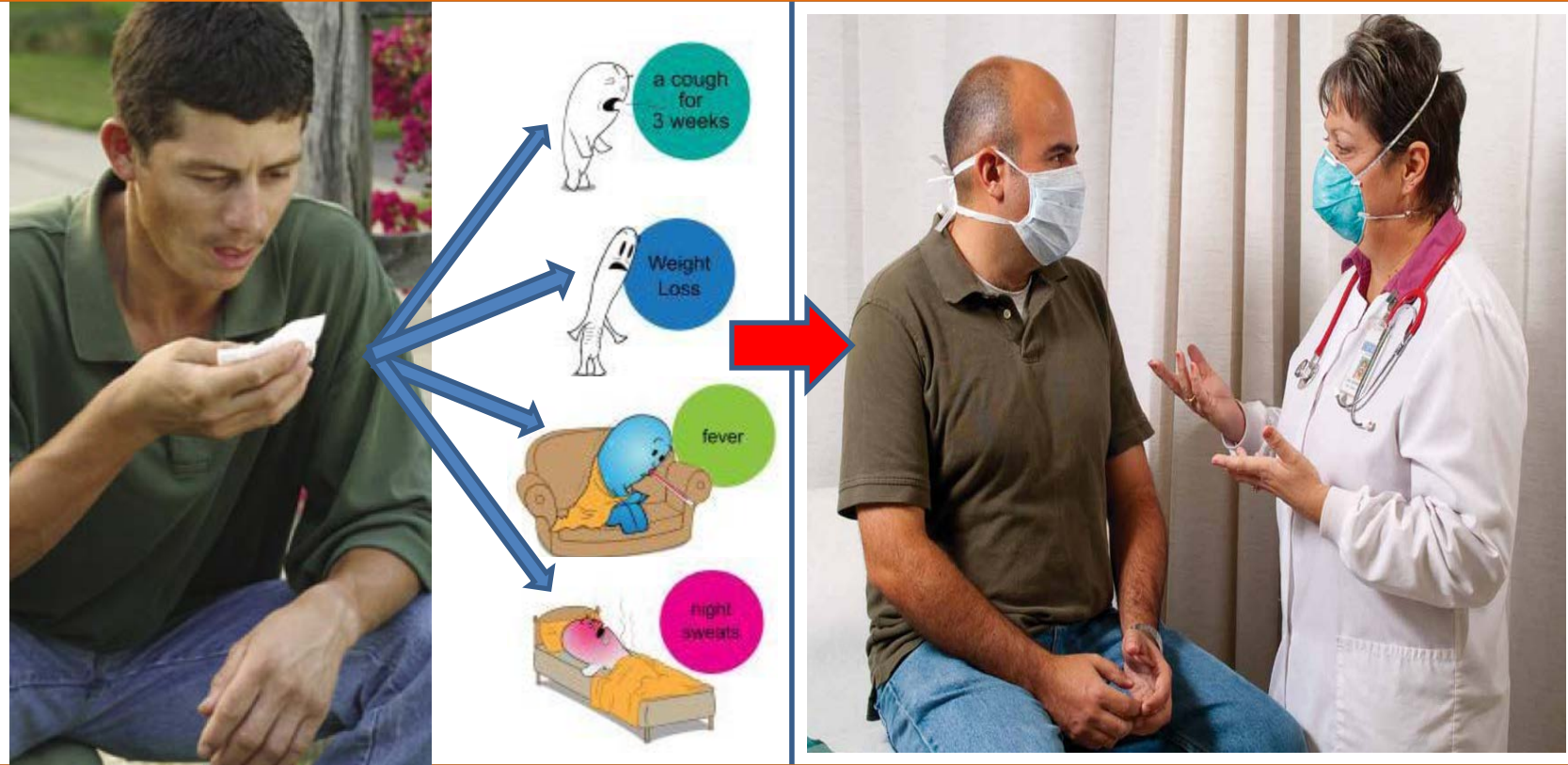
<b>Materials for Adaptation and Testing</b>			
<b>Health Topic</b>	<b>Material</b>	<b>Language</b>	<b>Testing Audience(s)</b>
<i>Tuberculosis</i>	Tuberculosis Poster	Spanish	LEP Spanish-speaking and Mexican indigenous populations
	Tuberculosis PSA	Mixtec and/or Zapotec	LEP Mexican indigenous populations
<i>Unsafe queso fresco</i>	Queso Fresco Poster	Spanish	LEP Spanish-speaking and Mexican indigenous populations
<i>Flu</i>	Flu and You	Spanish	LEP Spanish-speaking and Mexican indigenous populations
	Cleaning to Prevent the Flu	Spanish	LEP Spanish-speaking and Mexican indigenous populations
	Slow the Spread of Germs	Spanish	LEP Spanish-speaking and Mexican indigenous populations

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## Tuberculosis

# Protect your family!



If you have these symptoms, visit the doctor *today*.

- All of your information is safe
- If you need treatment, it is low cost or free.

For more information, call your local health department at: \_\_\_\_\_

DRAFT version for CDC testing purposes only

# Vivir a Todo Pulmón

## — Radio PSA —

with English translation

### English Radio, 30-second PSA

Woman 1	Did you know that tuberculosis is a contagious disease? It is caused by germs that travel through the air when a person with TB coughs, sneezes, talks or laughs.
Man 1	The symptoms of TB seem like those of other diseases, that's why it is difficult to identify it without an exam.
Woman 2	TB is curable! But you can't get better without completing treatment.
Man 2	Tuberculosis is a reality in our community. Get informed! To learn about TB is to Live Life to its Fullest!

### Spanish Radio, 30-second PSA

Mujer 1	¿Sabías que la tuberculosis es una enfermedad contagiosa? Es causada por gérmenes que viajan en el aire cuando alguien con tuberculosis tose, estornuda, habla o se ríe.
Varón 1	Los síntomas se parecen a los de otras enfermedades, por eso es difícil reconocerla sin hacerse un examen.
Mujer 2	¡La tuberculosis es curable! Pero ya enfermo, uno no se puede curar sin terminar su tratamiento.
Varón 2	La tuberculosis es una realidad en nuestra comunidad. ¡Entérate! Aprender sobre la tuberculosis es ¡Vivir a todo pulmón!

**We love fresh cheese, but...**



***Did you know  
it can make us sick?***

**Protect your family:**

**Always buy cheese from the store that has been refrigerated and made with pasteurized milk!**



**Never buy cheese from the street  
or made with raw milk!**



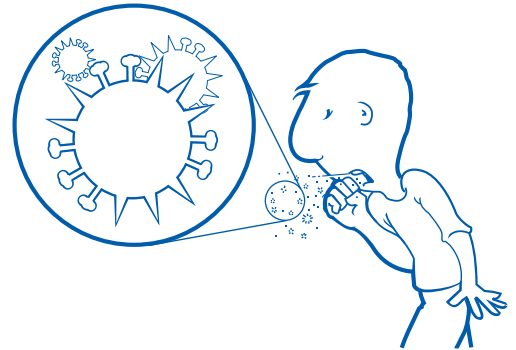
For more information, call your local health center at:

**DRAFT version for CDC testing purposes only**

## Influenza (Flu)

### What is the flu?

The flu is an illness caused by flu viruses. The flu may make people cough and have a sore throat and fever. They may also have a runny or stuffy nose, feel tired, have body aches, or show other signs they are not well. The flu happens every year and is more common in the fall and winter in the U.S. People of all ages can get the flu, from babies and young adults, to the elderly.



## Flu in People

### Do people in the U.S. get the flu?

Yes. Flu viruses spread worldwide. Flu tends to occur mostly in the fall and winter months in the United States. Many people get the flu each year. The flu is also found in other parts of the world. But the time of year when flu is most common can vary from one area to another.

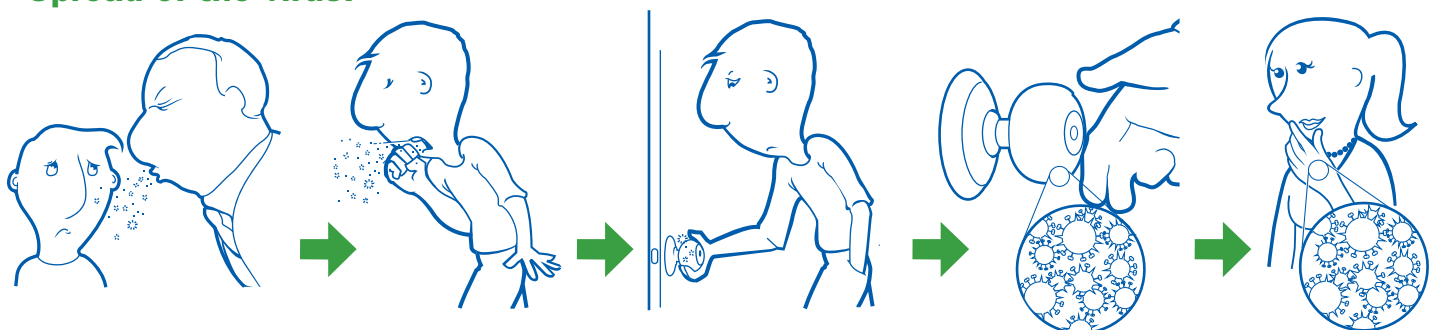


### How does the flu spread?

People who have the flu can spread the virus by coughing or sneezing. Droplets released when a sick person coughs, sneezes, or talks can land in the mouths or noses of people who are nearby. The droplets can also be inhaled into the lungs.

People may also catch the flu by touching their mouth or nose after touching something with the virus on it, such as doorknobs, tables, or an infected person's dirty hand.

### Spread of the virus:





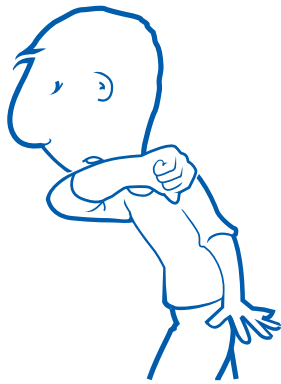
# INFLUENZA (FLU) Flu and You

## How do you know if you have the flu?

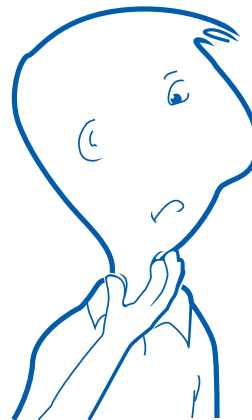
Signs of the flu can include:



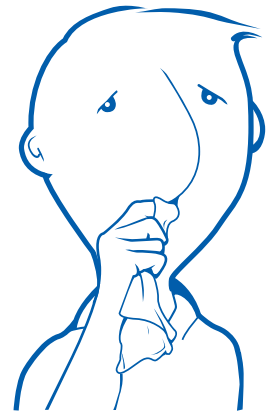
**Fever**



**Cough**



**Sore throat**



**Runny or stuffy nose**



**Feeling weak or more tired than usual**



**Headache**



**Chills**



**Body aches**

Two less common signs of the flu include:



**Vomiting**



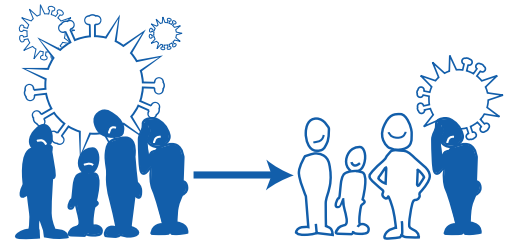
**Diarrhea**

Not everyone who is sick with flu will have all the signs of the flu at the same time. Some people with the flu don't have a fever. Most people who get the flu get better without seeing a doctor or taking medicine.

# INFLUENZA (FLU) Flu and You

## How sick do people get with the flu?

Some people get very sick and others do not. Most people who get sick get better without seeing a doctor or taking medicine. However, some people can get very sick from the flu and can die. Many of the people who get very sick are older than 65 years or have a medical condition such as: diabetes, heart disease, asthma, or kidney disease, or are pregnant. Children younger than 5 years of age are also at greater risk.



## How long can a person with the flu spread the virus to other people?

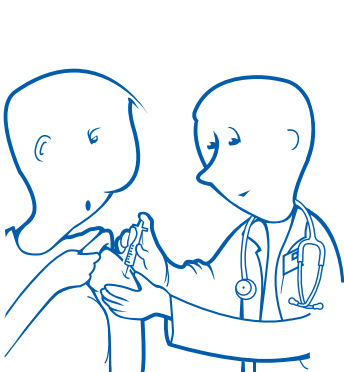
Most people may be able to spread the flu from 1 day before showing symptoms to 5 to 7 days after symptoms begin. Severely ill persons or young children may be able to spread the flu longer.

	①	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

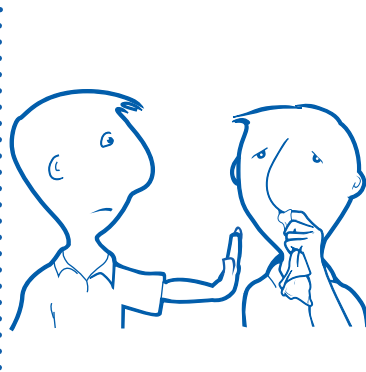
## Prevention & Treatment

### What can I do to protect myself from getting sick?

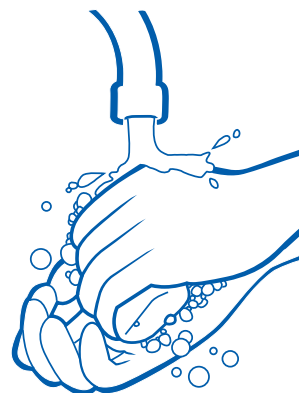
CDC recommends these steps to fight the flu:



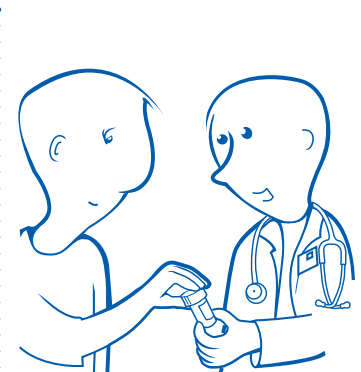
**Vaccination**



**Stay away from people who are sick.**



**Wash your hands often with soap and warm water. If soap and water are not available, use an alcohol-based hand rub.**

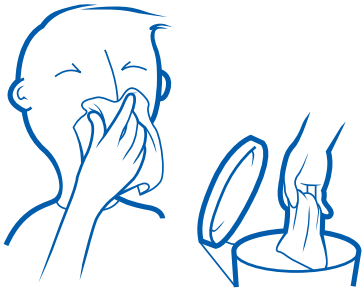


**Use medication the way your doctor recommends it.**



# INFLUENZA (FLU) Flu and You

Everyday health habits to protect your health and the health of others:



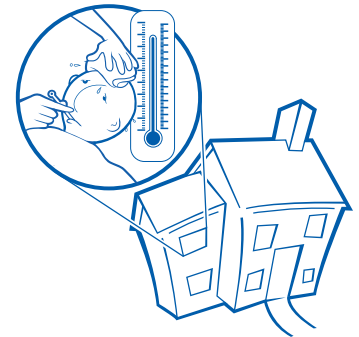
Cover your nose and mouth with a tissue or your arm when you cough or sneeze. Throw the tissue in the trash after you use it.



Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.



Do not touch your eyes, nose or mouth because germs spread this way.



If you are sick with flu-like symptoms, stay home for at least 24 hours after your fever is gone.\*

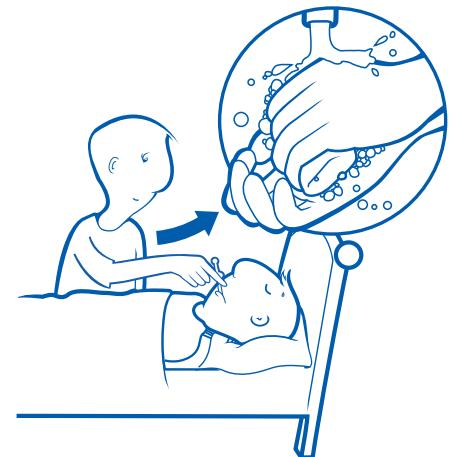
*\*Your fever should be gone without using fever-reducing medicine. Staying at home means that you should not leave your house except to get medical care. Stay away from others as much as possible so you don't make them sick.*

During flu season, be prepared in case you get sick and need to stay home for a few days. Keep some over-the-counter medicines, alcohol-based hand rubs, tissues, and anything else you need so that you do not have to go out while you are sick. If you are really sick or have other medical conditions or concerns, call your doctor. Your doctor will let you know if you need a flu test, flu treatment, or other care.



## If I have a family member at home who is sick with the flu, should I go to work?

People who are not sick but have a sick family member at home with the flu can go to work as usual. Take simple steps such as washing your hands often with soap and warm water. If you cannot find soap and water, use an alcohol-based hand rub. Take these steps to prevent getting the flu from a sick family member.



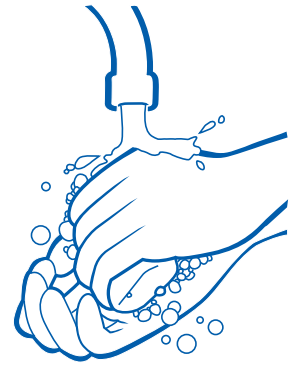
# INFLUENZA (FLU) Flu and You

## What is the best way to wash my hands to avoid germs?

Washing your hands often will help protect you from germs. When you wash your hands:

- Use soap and warm water.
- Wash for 15 to 20 seconds.

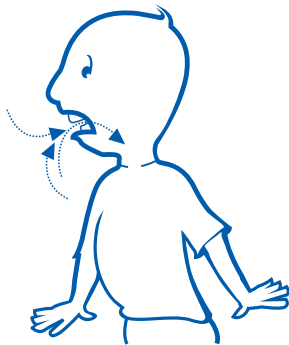
When soap and water are not available, use an alcohol-based hand rub. If using a hand rub, rub your hands with the sanitizer until they are dry.



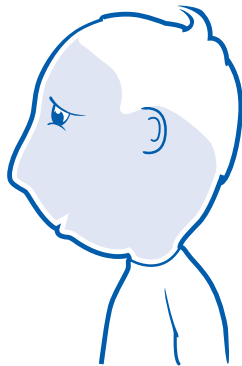
If you or someone you know gets sick and shows any of the following warning signs, get **EMERGENCY** medical care:



In children:



Fast breathing or trouble breathing



Bluish or gray skin color



Not drinking enough fluids



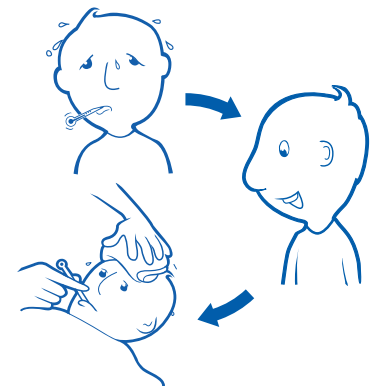
Serious or constant vomiting



Not waking up or not interacting



Being so irritable that the child does not want to be held



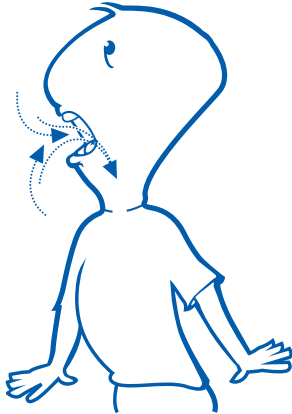
Flu-like symptoms improve but then return with fever and worse cough

In infants:

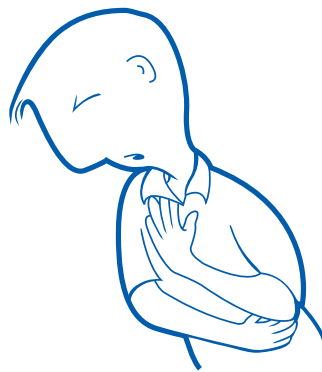
You should also look for these warning signs: being unable to eat, having no tears when crying, and having far fewer wet diapers than normal.

# INFLUENZA (FLU) Flu and You

## In adults:



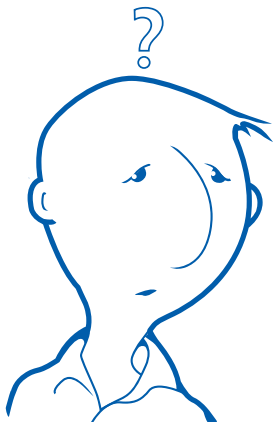
Hard time breathing or shortness of breath



Pain or pressure in the chest or stomach



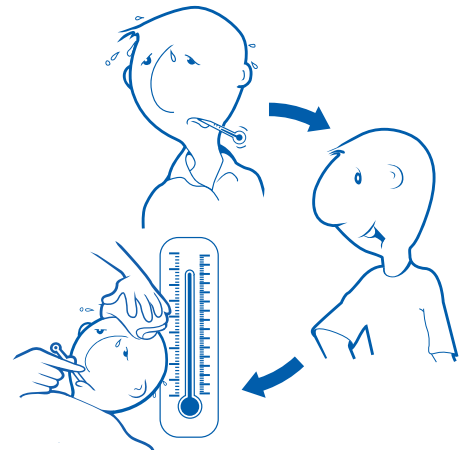
Sudden dizziness



Confusion



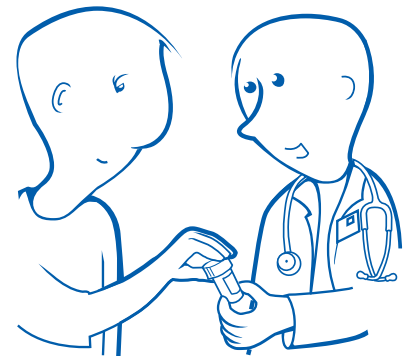
Serious or constant vomiting



Flu-like symptoms improve but then return with fever and worse cough

## Are there medicines to treat the flu?

Yes. Prescription medicines called antiviral drugs can treat the flu. If you are sick, these drugs can make you feel better faster and make the flu feel milder. Most people who get sick get better without the need for these medicines. But, if you need help getting well, your doctor may decide to give you antiviral drugs.

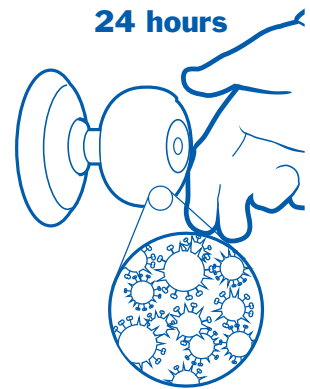


For more information call CDC info at 1-800-CDC-INFO (232-4636) or go to [www.cdc.gov/flu](http://www.cdc.gov/flu).

## Cleaning to Prevent the Flu

### How long can the flu virus live on objects, such as doorknobs and tables?

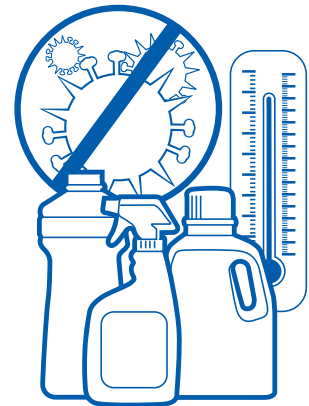
The flu virus can “live” on some surfaces for up to 24 hours. Routine cleaning of surfaces may reduce the spread of flu.



### What kills flu viruses?

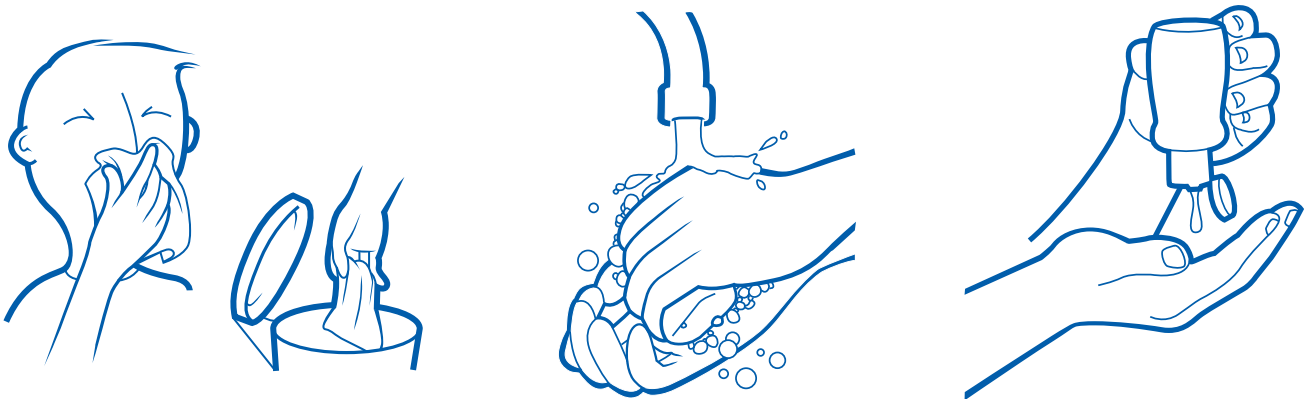
Flu viruses are killed by heat above 167° F [75° C]. Common household cleaning products can also kill the flu virus, including products containing:

- chlorine
- hydrogen peroxide
- detergents (soap)
- iodophors (iodine-based antiseptics)
- alcohols



### How should a caregiver handle a sick person's tissues or other items?

Make sure to wash your hands after touching the sick person. Also wash after handling their tissues or laundry.



For more information call CDC info at 1-800-CDC-INFO (232-4636) or go to [www.cdc.gov/flu](http://www.cdc.gov/flu).



# Nonpharmaceutical Interventions: Slow the Spread of Flu with Everyday Preventive Actions



Nonpharmaceutical interventions (NPIs) are actions, apart from getting vaccinated and taking medicine, that people and communities can take to help slow the spread of illnesses like influenza (flu). NPIs are also known as community mitigation strategies.

Flu viruses are thought to spread mainly from person to person through droplets that come from a sick person's nose and mouth when coughing, sneezing, or talking. Flu viruses also may spread when you touch something with flu virus on it and then touch your eyes, nose, or mouth.

Getting vaccinated is the best way to prevent the flu. NPIs also can help prevent and slow the spread of flu. Help keep yourself and others from getting sick by taking the following actions every day.



## Cover your coughs and sneezes.

Cover your nose and mouth with a tissue when you cough or sneeze. Throw away the used tissue, and then wash your hands. If a tissue is not available, cough or sneeze into your sleeve, not your hands. Covering coughs and sneezes with a tissue or sleeve prevents the spread of flu virus through the air and by the hands.



## Wash your hands often.

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer with at least 60% alcohol to clean hands. It is especially important to wash your hands before touching your eyes, nose, or mouth. Washing hands lowers the amount of flu virus that may spread when shaking hands or touching surfaces and objects, such as desks and doorknobs.



## Stay home when you are sick.

If you get sick, it is important to stay home so that you can get better quickly and not spread germs to others. If you get a fever, stay home for at least 24 hours after your fever is gone without the use of medicine that lowers fever, such as acetaminophen (e.g., Tylenol®). This will ensure that your fever is truly gone and that you are past the point where you are likely to spread germs to others. If you get flu-like symptoms without a fever, stay home for at least four days after you get sick to lower the chances of spreading your illness to others.

[www.cdc.gov/npi](http://www.cdc.gov/npi)  
1-800-CDC-INFO (232-4636)

National Center for Emerging and Zoonotic Infectious Diseases  
Division of Global Migration and Quarantine

