



## Know the risks



### **Disease outbreaks:**

A disease outbreak happens when a disease occurs in greater numbers than expected in a community or region, or during a particular season. An outbreak can happen in one small community or it can happen in several countries at the same time. Outbreaks can last a couple of days or a couple of years depending on the situation. Causes include extreme weather, infectious diseases, industrial accidents or intentional acts.

In B.C., we are lucky enough to have access to the necessary medicine and vaccines we need to keep society free from most dangerous illnesses and diseases. However, we can never know when an outbreak of a new illness may occur, or how serious it may be. If a disease outbreak does occur, it's important to know what to do (shelter-in-place is usually a safe option) or where to go for more information.

**WARNING SIGNS:** Disease outbreaks and health emergencies can happen suddenly and without warning, often posing a threat to public health and safety. Stay in the know by tuning into reliable news channels and educating yourself on where to go for important information.

To find information on public health alerts, the Ministry of Health or the BC Centre for Disease Control, visit [Know the Risks > Disease Outbreaks](#) on PreparedBC.

To read about Zombie Preparedness and a fictional blog about one survivor's experience, visit [Know the Risks > Disease Outbreaks > Zombie Preparedness](#) on PreparedBC.