

PANDEMIC FLU PARPAREDNESS

Why should I start to prepare now?

Because some challenges that might be faced in a pandemic are:

*Essential services you depend on may be disrupted.

*Food and water supplies may be interrupted and limited.

*Being able to work may be difficult, if not impossible.

*Schools and daycares may be closed for an extended period of time.

Are there any steps to prevent the spread of pandemic flu?

Healthy habits will help keep you and others from getting and passing the virus:

*Wash hands often with soap and warm water, especially after you cough or sneeze. If you are not near water, use an alcohol-based hand cleaner.

*Cover your nose and mouth with a tissue when you cough or sneeze. Throw away the tissue immediately.

*Try not to touch your eyes, nose or mouth. Germs can spread easily this way.

*Avoid close contact with people who are sick.

*If you are sick, stay home from work, school , & social gatherings. This will protect others from getting sick.

What supplies should I have in the event of Pandemic Flu?

*Store a 2 week supply of water and food:

- Bottled water
- Canned juices, baby food, formula
- Crackers
- Dried fruit, fruit bars, nuts
- Peanut Butter, cereal, granola

*Store medical supplies and emergency supplies:

- Prescribed medications and medical supplies
- Soap, water , and alcohol hand sanitizer
- Nonprescription medications such as pain relievers, stomach remedies, cough & cold medicines
- Fluids with electrolytes
- Batteries, portable radio, & flashlights
- Garbage bags, manual can opener
- Tissues, toilet paper, disposable diapers

FOR ADDITIONAL INFORMATION
ON PANDEMIC FLU:

www.cdc.gov/flu

www.who.org

www.pandemicflu.gov



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PANDEMIC FLU

WHAT YOU NEED TO KNOW TO BE PREPARED



WHAT YOU NEED TO KNOW

WHAT IS PANDEMIC FLU?

Pandemic Flu is a worldwide outbreak of influenza (Flu) that occurs when a new type of influenza virus appears. This is a virus people have little or no immunity to, and for which there is no vaccine available. The virus can cause serious illness and spread very easily from person to person. Therefore, the flu can move across the country and around the world in a very short time.

WHAT IS THE DIFFERENCE BETWEEN SEASONAL INFLUENZA AND PANDEMIC INFLUENZA?

Seasonal influenza is caused by a flu virus to which people have already been exposed. Vaccines are available to help prevent widespread illness. A pandemic influenza outbreak will last much longer than most seasonal flu outbreaks. This may include "waves" of influenza activity that could last 6-8 weeks.



WHY IS THERE NOT A VACCINE FOR PANDEMIC FLU?

A vaccine cannot be produced until the pandemic virus emerges and is identified. Once the pandemic virus has been identified, it will take approximately 4-6 months to develop, test, and begin producing the new vaccine. A limited supply of pandemic vaccine will be available, especially in the early stages of a pandemic.

IS AVIAN (BIRD) FLU AND PANDEMIC FLU THE SAME THING?

Avian flu is a disease of wild and farm birds caused by avian influenza viruses. The risk to humans from avian flu is relatively low to most people, because the viruses do not usually infect humans. However, in recent years, there have been a number of confirmed cases of human infection from avian flu viruses. Most cases of avian influenza infection (H5N1) in humans have been due to direct contact with infected birds (domesticated chickens, ducks, and turkeys). To date, the spread of H5N1 from person to person has been limited; however, health officials and scientists are concerned it could eventually be able to infect humans and spread easily from person to person.

WHAT ARE ANTIVIRALS?

Antivirals are a drug used to treat seasonal flu and are available by prescription only. Some of these medications may be effective in treating pandemic influenza.

Antiviral drugs may help prevent infection in people at risk and shorten the duration of symptoms in those infected with pandemic influenza. However, used alone it is unlikely they will effectively contain the spread of pandemic influenza. The federal government is stocking antiviral medications to most likely be used during the early stages of a pandemic.



WHAT IS BEING DONE LOCALLY TO PREPARE?

Local agencies are working together in preparing plans to respond to a pandemic flu outbreak. This core group continues to work on increasing the level of preparedness for the citizens of Pike county.

