

| PANDEMICS DEATH TOLL SINCE 1900 | |
|---------------------------------|-------------|
| 1918—1919 | |
| US | 675,000+ |
| WORLDWIDE | 50,000,000+ |
| 1957—1958 | |
| US | 70,000+ |
| WORLDWIDE | 1-2,000,000 |
| 1968—1969 | |
| US | 34,000+ |
| WORLDWIDE | 700,000+ |

Per CDC.

VISIT: WWW.PANDEMICFLU.GOV
 VISIT: WWW.WVFLU.ORG

THE CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC) HOTLINE, 1-800-CDC-INFO (1-800-232-4636), IS AVAILABLE IN ENGLISH AND SPANISH, 24 HOURS A DAY, 7 DAYS A WEEK. TTY: 1-888-232-6348. QUESTIONS CAN BE E-MAILED TO: INQUIRY@CDC.GOV.

MARSHALL COUNTY HEALTH DEPARTMENT
 PO BOX 429
 MOUNDSVILLE, WV 26041
 304-845-7840

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PANDEMIC INFLUENZA PLANNING

A guide for individuals and families

**STAY HEALTHY
 BE PREPARED
 GET INFORMED**



WHAT'S HAPPENING NOW?

A pandemic is a global disease outbreak. A flu pandemic occurs when a new influenza virus emerges for which people have little or no immunity, and for which there is no vaccine. The disease spreads easily from person-to-person, causes serious illness, and can sweep across the country and around the world in very short time.

It is difficult to predict when the next influenza pandemic will occur or how severe it will be. Wherever and whenever a pandemic starts, everyone around the world is at risk.

Health professionals are concerned that the continued spread of a highly contagious avian H5N1 virus across eastern Asia and other countries represents a significant threat to human health. The H5N1 virus has raised concerns about a potential human pandemic because:

- It is especially strong
- It is being spread by migratory birds
- It can be transmitted from birds to mammals and in some limited circumstances to humans, and
- Like other influenza viruses, it continues to change.



- Listen to local and national radio, watch news reports on TV and read your newspaper and other sources of printed and web-based information.
- Talk to your local health care providers and public health officials.

WILL THE SEASONAL FLU SHOT PROTECT AGAINST PANDEMIC INFLUENZA?

- No, it won't protect you against pandemic influenza. But flu shots can help you to stay healthy.
- Get a flu shot to help protect yourself from seasonal flu.
- Get a pneumonia shot to prevent secondary infection if you are over the age of 65 or have a chronic illness such as diabetes or asthma. For specific guidelines, talk to your health care provider or call the Centers for Disease Control and Prevention (CDC) hotline at 1-800-232-4636.
- Make sure that your family's immunizations are up-to-date.

You can prepare for an influenza pandemic now. You should know both what can happen during a pandemic outbreak and what actions you can take to help lessen the impact of an influenza pandemic on you and your family.

The attached checklists should be completed and kept in a safe place for easy reference.



STAY HEALTHY -

- Wash hands frequently with soap and water.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Put used tissues in a waste basket.
- Cough or sneeze into your upper sleeve if you don't have a tissue.
- Clean your hands after coughing or sneezing. Use soap and water or an alcohol-based hand cleaner.
- Stay at home if you are sick.
- Eat a balanced diet including plenty of vegetables and whole grain products. Also include low-fat dairy products, lean meats, poultry, fish and beans. Drink lots of water.
- Exercise on a regular basis and get plenty of rest.

GET INFORMED -



- Knowing the facts is the best preparation.
- Reliable, accurate and timely information is available at www.pandemicflu.gov.
- Another source of information on pandemic influenza is the Centers for Disease Control and Prevention (CDC) hotline at: 1-800-CDC-INFO (1-800-232-4636). This line is available in English and Spanish, 24 hours a day, 7 days a week. TTY: 1-888-232-6348.
- Look for information on your local and state government web sites.

AVIAN INFLUENZA IN BIRDS

Avian (bird) flu is caused by influenza A viruses that occur naturally among birds. Wild birds worldwide carry avian influenza viruses in their intestines, but usually do not get sick from them. Avian influenza is very contagious among birds and can make some domesticated birds, including chickens, ducks and turkeys, very sick and kill them.

Infected birds shed influenza virus in their saliva, nasal secretions, and feces. Domesticated birds may become infected with avian influenza virus through direct contact with infected waterfowl or other infected poultry, or through contact with surfaces (such as dirt or cages) or materials (such as water or feed) that have been contaminated with the virus.

The risk from avian influenza is generally low to most people, because the viruses do not usually infect humans. H5N1 is one of the few avian influenza viruses to have crossed the species barrier to infect humans, and it is the most deadly of those that have crossed the barrier. Most cases found in humans have resulted from contact with infected poultry.

REPORT SICK FARM BIRDS AT

1-888-536-7593

REPORT SICK OR DEAD WILD BIRDS TO
YOUR HEALTH DEPARTMENT 304-845-7840

WHAT WOULD BE THE IMPACT OF A PANDEMIC?

Pandemic flu spreads easily from person to person and can cause serious illness because people do not have immunity to the new virus.



A pandemic may come and go in waves, each of which can last for 6 to 8 weeks. An especially severe influenza pandemic could lead to high levels of illness. Everyday life would be disrupted because so many people in so many places become seriously ill at the same time. Impacts can range from school and business closings to the interruption of basic services such as public transportation and food delivery.

A substantial percentage of the world's population will require some form of medical care. Health care facilities can be overwhelmed, creating a shortage of hospital staff, beds, ventilators and other supplies.

The need for vaccine is likely to surpass the supply. Difficult decisions will need to be made regarding who gets antiviral drugs and vaccines.

Death rates are determined by four factors: The number of people who become infected; the strength of the virus; the underlying characteristics and vulnerability of affected populations, and the availability and effectiveness of preventative measures.

“FLU” IS SHORT FOR INFLUENZA, A CONTAGIOUS RESPIRATORY ILLNESS CAUSED BY VIRUSES. THESE VIRUSES CAN CAUSE MILD TO SEVERE ILLNESS, DEPENDING ON THE STRAIN OF THE VIRUS AND THE PERSON'S ABILITY TO FIGHT IT OFF.

HOW ARE WE PREPARING?

The effects of a pandemic can be lessened if preparations are made ahead of time.

There is currently no commercially available vaccine to protect humans against H5N1 virus that is being seen in Asia, Europe and Africa. A pandemic vaccine cannot be produced until a new pandemic influenza virus emerges and is identified.

Be prepared—

Stock a supply of water and non-perishable food. During a pandemic, you may not be able to get to a store. Store foods that are nonperishable.

Public waterworks services may also be interrupted.

