

## **Pandemic Flu – What You Need to Know**

There has been a great deal of information in the media lately talking about the avian flu and pandemic flu. Dodge County continues to work on our plan in conjunction with local officials. You should know the magnitude of what can happen in a pandemic outbreak and the steps you should take to lessen the impact of a pandemic. We encourage you to stay informed and go through the “Pandemic Flu Planning Checklist for Individuals and Families” as first steps towards getting you and your family prepared for a potential pandemic outbreak.

### **STAY INFORMED**

#### **What is pandemic flu?**

A pandemic occurs when a disease spreads rapidly, affecting most countries and regions of the world. The symptoms of pandemic influenza are similar to those of ordinary flu but are usually more severe.

#### **Has pandemic flu occurred before?**

Yes. It has occurred throughout history – including a major pandemic in 1918, and smaller pandemics in both 1957 and 1968.

#### **What is the difference between seasonal flu and pandemic flu?**

##### Seasonal Flu

- Occurs every year during the winter
- Affects up to about 10% of the population
- For most people it is an unpleasant but not life-threatening infection
- The very young, the very old, and people with certain chronic illnesses are most at risk of serious illness
- Annual vaccination is available
- Antiviral drugs are available to treat those at special risk

##### Pandemic Flu

- Has occurred three times in the last 90 years
- Can occur at any time of the year
- It is a more serious infection for everyone
- People of every age may be at risk of serious illness
- A vaccine probably won't be available when the pandemic starts – when it does become available the aim will be to immunize people as rapidly as possible as vaccine supplies become available
- Antiviral drugs are likely to be in limited supply and will have to be used to best effect according to how the disease develops

#### **What are some simple things I can do to prepare?**

1. Cover Your Cough
2. Wash Your Hands
3. Keep Living and Work Areas Clean
4. Keep Your Distance

# Pandemic Flu Planning Checklist for Individuals and Families

You can prepare for an influenza pandemic now. You should know both the magnitude of 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. This checklist will help you gather the information and resources you may need in case of a flu pandemic. For more information go to:

<http://www.health.state.mn.us/divs/idepc/diseases/flu/pandemic/index.html> or [www.pandemicflu.gov](http://www.pandemicflu.gov).

## 1. To plan for a pandemic

	Not Started	In Progress	Completed
Store a supply of water and food. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies, such as power outages and disasters.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Volunteer with local groups to prepare and assist with emergency response.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get involved in your community as it works to prepare for an influenza pandemic.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## 2. To limit the spread of germs and prevent infection

	Not Started	In Progress	Completed
Teach your children to wash hands frequently with soap and water, and model the correct behavior. <a href="http://www.health.state.mn.us/handhygiene/index.html">http://www.health.state.mn.us/handhygiene/index.html</a>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Teach your children to cover coughs and sneezes with tissues, and be sure to model that behavior. <a href="http://www.health.state.mn.us/divs/idepc/dtopics/infectioncontrol/cover/">http://www.health.state.mn.us/divs/idepc/dtopics/infectioncontrol/cover/</a>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Teach your children to stay away from others as much as possible if they are sick. Stay home from work and school if sick.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## 3. Items to have on hand for an extended stay at home

	Not Started	In Progress	Completed
Ready-to-eat canned meats, fruits, vegetables, and soups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Protein or fruit bars	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dry cereal or granola	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Peanut butter or nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dried fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Crackers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Canned juices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bottled water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Canned or jarred baby food and formula	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pet food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prescribed medical supplies such as glucose and blood-pressure monitoring equipment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	<b>Not Started</b>	<b>In Progress</b>	<b>Completed</b>
Soap and water, or alcohol-based hand wash	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Medicines for fever, such as acetaminophen or ibuprofen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thermometer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anti-diarrheal medication	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fluids with electrolytes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cleansing agent/soap	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Flashlight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Batteries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Portable radio	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Manual can opener	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Garbage bags	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tissues, toilet paper, disposable diapers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>