Until a vaccine can be made, limiting contact among people is our main tool to contain the disease and to prevent others from getting it.

During a flu pandemic, health officials may ask you and your community to take actions to help limit contact among people. Your daily routines may change for several months.

Get ready now

You need to be ready when the flu pandemic first arrives in your area. Information will be given on local TV, radio, websites, and in the newspaper. Limiting contact among people early can save more lives.

Making plans now will help you to be ready for the next flu pandemic, which could last up to several months.

Make plans for your household

Most people with pandemic flu can be cared for at home. During a flu pandemic, hospitals may only have room to care for patients who require special care.

Plan to stay home for at least 10 days when you are sick with pandemic flu. Staying home will keep you from giving it to others. During a severe pandemic, stay home if someone in your household is sick with pandemic flu.

Plan who will take care of your children if you are sick. Share your plans with family members, neighbors, and friends.

Although the flu pandemic may last several months, plan to buy and store at least a 2-week supply of food and water for yourself, your family, and pets. Also, have any prescription medicine you take. This supply will support your household when you have to stay home.

Have current phone numbers and e-mails for work, teachers, and community groups.

Who should get a flu shot?

Most people need one dose of influenza vaccine each year. **Children younger than 9 years of age getting influenza vaccine for the first time** - or who got influenza vaccine for the first time last season but only got one dose - should get 2 doses, at least 4 weeks apart, to be protected

- All children 6 months and older and all older adults
- Anyone who is at risk of complications from influenza, or more likely to require medical care
- Women who will be pregnant during the flu season
- Anyone with long term health problems (heart, lung, kidney disease, etc.)
- Anyone with a weakened immune system due to:
  - HIV/AIDS or other immune system affecting diseases
  - long term treatment with drugs such as steroids
  - cancer treatment with x-rays or drugs
- Anyone with certain muscle or nerve disorders that can lead to breathing or swallowing problems.
- Anyone 6 months through 18 years of age on long-term aspirin treatment

List of Medical needs items to be considered for families in the event of a pandemic event:

- 1 or 2 boxes of exam gloves
- Disinfectant wipes
- Hand sanitizer
- Face masks (fluid resistant and N95 if possible) 3M 8670F does not require fit testing for public use and is N95
- Bleach to disinfect laundry
- Increase standard emergency supplies (Food, water, personal items, trash bags etc.)
- Look into increasing your supply of medications
- Additional Towels and wash cloths

Common emergency foods/supplies:

- Bottled water (1 gallon per person/day)
- Canned fruits/soups/etc. (2 cans per person/day)
- Powdered milk/sugar/salt/pepper
- High energy foods like peanut butter, jelly, crackers, nuts, trail mix, dried fruits, granola bars
- Vitamins
- Can opener
- Dried corn/pasta/white rice
- Non-carbonated canned drinks
- Stress foods like sugar cookies, hard candy, sweetened cereals

For more information:

The Official U.S. Government Website for Pandemic Influenza - www.pandemicflu.gov

WORLD HEALTH ORGANIZATION - http://www.who.int/csr/disease/avian_influenza/en/index.html

http://pandemic.wisconsin.gov/

La Crosse County Pandemic Preparedness Coalition

COUNTY OF LA CROSSE · WISCONSIN · 1851

What Is an Influenza Pandemic?

A pandemic is a global disease outbreak. An influenza pandemic occurs when a new influenza A virus emerges for which there is little or no immunity in the human population, begins to cause serious illness and then spreads easily person-to-person worldwide.

Characteristics and Challenges of a Pandemic:

1. Rapid Worldwide Spread

- When a pandemic influenza virus emerges, its global spread is considered inevitable.
- Preparedness activities should assume that the entire world population would be susceptible.
- Countries might, through measures such as border closures and travel restrictions, delay arrival of the virus, but cannot stop it.

2. Health Care Systems Overloaded

- Most people have little or no immunity to a pandemic virus. Infection and illness rates soar. A substantial percentage of the world's population will require some form of medical care.
- Nations unlikely to have the staff, facilities, equipment and hospital beds needed to cope with large numbers of people who suddenly fall ill.
- Death rates are high, largely determined by four factors: the number of people who become infected, the virulence of the virus, the underlying characteristics and vulnerability of affected populations and the effectiveness of preventive measures.
- Past pandemics have spread globally in two and sometimes three waves.

3. Medical Supplies Inadequate

- The need for vaccine is likely to outstrip supply.
- The need for antiviral drugs is also likely to be inadequate early in a pandemic.
- A pandemic can create a shortage of hospital beds, ventilators and other supplies.
- Difficult decisions will need to be made regarding who gets antiviral drugs and vaccines.

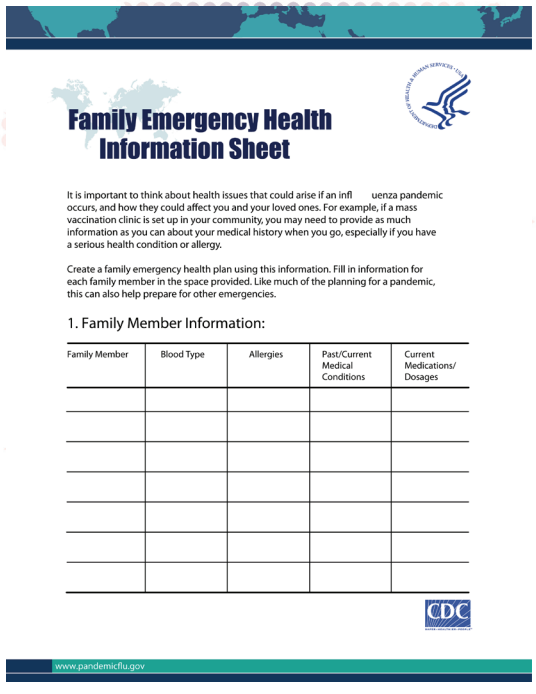
4. Economic and Social Disruption

- Travel bans, closings of schools and businesses and cancellations of events could have major impact on communities and citizens.
- Care for sick family members and fear of exposure can result in significant worker absenteeism.

Family Emergency Health Information Sheet

It is important to think about health issues that could arise if an influenza pandemic occurs, and how they could affect you and your loved ones. For example, if a mass vaccination clinic is set up in your community, you may need to provide as much information as you can about your medical history when you go, especially if you have a serious health condition or allergy.

Create a family emergency health plan using this information. Fill in information for each family member in the space provided. Like much of the planning for a pandemic, this can also help prepare for other emergencies.



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1. Family Member Information:

Family Member	Blood Type	Allergies	Past/Current Medical Conditions	Current Medications/ Dosages

CDC

www.pandemicflu.gov

This form can be found at:
http://pandemicflu.gov/plan/individual/familyhealthinfo.html

Make a Family Communications Plan

- Gather all family phone numbers and write them down.
- Decide how and where to meet in an emergency. Your family may not be together when disaster strikes. During a major disaster local phone systems and cell phone systems may be jammed.
- Plan how you will contact one another and what you will do.
- Establish an out-of-town contact, perhaps a relative or friend.
- Make sure family members have each other's contact numbers at work, school, daycare, etc.
- Keep phone numbers up-to-date.

Infection Control Recommendations:

A new pandemic flu virus will spread easily from person to person, mostly through coughing and sneezing. When a sick person coughs or sneezes near you (less than 3 feet away), you can breathe in droplets that have the virus. The droplets also could land on surfaces you may touch with your hands.

Get in the habit of washing your hands often and covering your coughs and sneezes. These actions can help you stay healthy now and help protect you and your family during a flu pandemic.

At home

- Wash your hands often with soap and water. If there is no soap and water, use an alcohol-based hand gel. Wash your hands before eating, drinking, or touching your face.
- Cover your mouth and nose when you cough or sneeze. Throw used tissues away in a trash can, and wash your hands. If you do not have a tissue, cough or sneeze into your sleeve and not into your hands.

Limit contact to help save lives

We have learned from past flu pandemics that during a pandemic, limiting contact among people helps to slow the spread of the virus and helps to save lives.

Being around other people makes you more likely to get sick or to make others sick. The flu could spread and more people could get sick.