

Are You Prepared?

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Welcome and Introductions

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Objectives

- What you may expect during a flu pandemic
- Differences between seasonal and pandemic flu
- How the influenza virus spreads
- Steps to help prevent the spread of the flu
- How to prepare for a flu pandemic

What Is a Flu Pandemic?

Learn the Facts

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What Is a Pandemic?

Pandemic – an event in which a disease causing serious illness spreads around the world and affects large numbers of people

What Is a Flu Pandemic?

Flu Pandemic – occurs when a new influenza virus emerges

- Little or no immunity in the human population
- Causes serious illness
- Spreads quickly and easily person-to-person worldwide

Differences between Seasonal Flu & Pandemic Flu Activity

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How Contagious Diseases Spread

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How the Flu Spreads

Influenza virus spreads several ways

1. Droplet spread
2. Contact spread

Public Health Prevention Strategies

Practices that may protect the public from pandemic flu -

- Isolation.
- Quarantine.
- “Bad Weather” days.
- Staying home voluntarily.

What About Masks?

- We do not know how effective the use of masks would be in a flu pandemic.
- The American Red Cross recommends including masks (N95 and surgical) among pandemic flu preparedness supplies.
- Masks are not a substitute for practicing healthy behaviors.

Safety through Vaccine?

- Scientists are researching flu vaccines.
- If a vaccine is developed for pandemic flu, it may not be available due to challenges with manufacturing and distribution.

Test your Disease Control I.Q.

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True or False?

Only the elderly, young children and people with weakened immune systems are at risk for getting the flu during a flu pandemic.

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False

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True or False?

Isolation is used to separate people who have been exposed to an infectious disease from those who have not been exposed to the disease.

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False

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True or False?

Masks are not a substitute for practicing other healthy behaviors to prevent the spread of the flu.

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True

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True or False?

Droplet spread and contact spread are the 2 primary ways in which the influenza virus spreads person-to-person.

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True

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Pandemic Flu Preparedness Plan

As you develop your plan, think about –

- Number of family or household members
- Family or household members that require special care
- Children: What if schools and daycare centers are closed?
- What if you cannot go to work?
- What if you cannot go to public places?

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Your Preparedness Kit

- 2-week supply of water and food
- Medicines
 - Prescription and nonprescription
- Caregiving supplies

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Flu Pandemic Planning

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Healthy Habits

- Clean your hands often.
 - Use soap and water or alcohol-based hand sanitizer.
- Cover your coughs and sneezes using a tissue.
 - Afterwards dispose of tissue properly and wash your hands.
 - If you do not have a tissue, cough into your elbow or upper sleeve.

Be Informed

- Visit www.pandemicflu.gov
- Visit www.redcross.org
- State and local health departments
- Local American Red Cross Chapter

Closing and Questions

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