

Are You Prepared?

Welcome and Introductions

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

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

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.

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.

False

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.

False

True or False?

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

True

True or False?

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

True

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?

Your Preparedness Kit

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

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.

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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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