

Don't let the flu

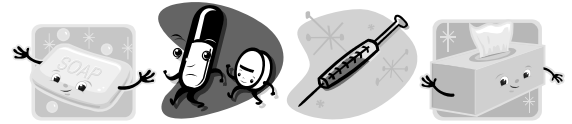
A guide to pandemic influenza information and planning

happen to you!

What You Need to Know About Avian Influenza...

Avian (bird) flu is caused by influenza A viruses that occur naturally among birds. The avian flu currently of concern is the H5N1 subtype. 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 is the most dangerous. Most cases of H5N1 influenza infection in humans have resulted from contact with infected poultry (e.g., domesticated chicken, ducks, and turkeys) or surfaces contaminated with secretion/excretions from infected birds. The present concern is that the virus will become a strain that can be passed from human to human.

PandemicFlu.gov, Individual Planning. US Department of Health and Human Services. <http://www.pandemicflu.gov/planguide/> and <http://www.pandemicflu.gov/general/#viruses>



What to do to help prevent the spread of influenza in a college/university atmosphere:

- ✓ Wash your hands properly and often, with an alcohol-based hand rub
- ✓ Get your annual influenza vaccine
- ✓ Use cough/sneeze etiquette by using a tissue or your sleeve – not your hands! If you use a tissue, throw the tissue away, don't reuse it!
- ✓ Obtain antiviral medications as needed

Some differences between seasonal and pandemic flu:

MODES OF TRANSMISSION

1. **Droplet Transmission** – Involves contact with secretions of the mucous membranes of the nose or mouth of an infected individual. The most common transmission is through coughing, sneezing or talking.
2. **Contact Transmission** – Involves skin-to-skin contact, especially hand to hand contact or hand to object contact.



HHS Pandemic Influenza Plan Supplement 4: Infection Control. United States Department of Health and Human Services.

<http://www.hhs.gov/pandemicflu/plan/sup4.html#s4-V>

Seasonal Flu	Pandemic Flu
Caused by influenza viruses that are similar to those already circulating among people.	Caused by a new influenza virus that people have not been exposed to before. Likely to be more severe, affect more people, and cause more deaths than seasonal influenza because people will not have immunity to the new virus.
Symptoms include fever, headache, tiredness, dry cough, sore throat, runny nose, and muscle pain.	Symptoms similar to the common flu but may be more severe and complications more serious – death would be much more common.
Healthy adults usually not at risk for serious complications (the very young, the elderly, and those with certain underlying health conditions at increased risk for serious complications).	Healthy adults may be at increased risk for serious complications.
Every year in the United State, on average: <ul style="list-style-type: none"> • 5% to 20% of the population gets the flu; • More than 200,000 people are hospitalized from flu complications; and • About 36,000 people die from flu. 	No one is certain that a pandemic will occur. It could lead to high levels of illness, death, social disruption, and economic loss. A pandemic will last much longer than most flu outbreaks and may include "waves" of influenza activity that last 6-8 weeks separated by months.

PandemicFlu.gov, Individual Planning. US Department of Health and Human Services. <http://www.pandemicflu.gov/planguide/>

Don't be scared, be prepared...

Items to have on hand in case of an emergency:

Examples of food and non-perishables	Examples of medical, health, and emergency supplies
<ul style="list-style-type: none"> • Ready-to-eat canned meats (spam), fish (tuna), fruits, vegetables, beans, and soups • Protein or fruit bars • Dry cereal or granola • Peanut butter or nuts • Dried fruit • Crackers • Canned juices • Bottled water • Fluids with electrolytes (Gatorade) 	<ul style="list-style-type: none"> • Prescription medications (if applicable) • Soap and water, or alcohol-based (60-95%) hand wash • Medicines for fever, such as acetaminophen or ibuprofen • Thermometer • Anti-diarrheal medication • Vitamins • Tissues and toilet paper • Flashlight • Batteries • Portable radio • Manual can opener • Protective mask and protective gloves

PandemicFlu.gov, Individual Planning. US Department of Health and Human Services, <http://www.pandemicflu.gov/planguide/checklist.html>

FAST FLU FACTS

- Flu symptoms include fever, headache, chills, body aches, tiredness, dry cough, sore throat, and nasal congestion.
- Flu is **spread when a person who has the flu coughs, sneezes, or speaks and sends the flu virus into the air**. The virus enters the nose, throat or lungs of a person and multiplies.
- If you get the flu: **rest, drink plenty of liquids, and avoid alcohol and tobacco**.
- Antibiotics like penicillin will not cure the flu. **The best way to prevent the flu is to get a flu shot**. However, the supply is limited.
- Over-the-counter medications may relieve symptoms of flu. The National Institute for Allergies & Infectious Diseases **recommends ibuprofen for teenagers/adults**. Decongestants, cough suppressants, and use of a humidifier can provide symptomatic relief.
- Three **antiviral medicines** are available by prescription that will help reduce the risk of flu infection, and can treat flu symptoms if taken early enough: Tamiflu, Flumadine and Symmetrel.

Some information taken from Fast Flu Facts. (2005). Adapted from the Centers for Disease Control and Prevention (www.cdc.gov/flu/index.htm). The Center for Health and Health Care in Schools, <http://www.healthinschools.org/sh/influenza.asp>

Resources

(For all types of disasters)

- <http://pandemicflu.gov/> - One-stop access to U.S. Government avian and pandemic flu information (managed by the Department of Health and Human Services).
- <http://www.bt.cdc.gov/> - Emergency Preparedness and response for agents, diseases, and other threats (Center for Disease Control and Prevention).
- <http://www.ready.gov/> - U.S. Department of Homeland Security's site for preparedness and disaster information.
- <http://www.fema.gov/> - Disaster planning and response for individuals and professionals (Federal Emergency Management Agency).

