



Preparing for an

INFLUENZA PANDEMIC

PHASE 1 Inter-pandemic Phase Low Risk of Human Cases
PHASE 2 New Virus in Animals, NO Human Cases Higher Risk of Human Cases
PHASE 3 Pandemic Alert NO or Very Limited Human-to-Human Transmission
PHASE 4 New Virus Causes Human Cases Evidence of Increased Human-to-Human Transmission
PHASE 5 Number of Human Cases Increases Evidence of Significant Human-to-Human Transmission
PHASE 6 Pandemic Efficient and Sustained Human-to-Human Transmission

*A Planning Guide
for You and
Your Family*



Updated April 2009

“Pandemics are global in nature, but their impact is local. When the next pandemic strikes, as it surely will, it is likely to touch the lives of every individual, family and community. Our task is to make sure that when this happens, we will be a nation prepared.”

*~ Mike Leavitt,
Former Secretary
U.S. Department of
Health & Human Services*

Be Informed.

Influenza (flu) is an illness that occurs in mammals, birds and humans. As you probably know, human seasonal flu happens every year and causes mild to moderate sickness. But seasonal flu is not the only flu that can infect humans.

A new form of avian influenza (bird flu) was discovered in Asia in 1997 and a new swine flu emerged in Mexico in 2009. Scientists are concerned that a new flu could cause serious illness in humans around the world. This kind of worldwide disease outbreak is called a **pandemic**.

Please take time to read through this brochure to become familiar with influenza, and learn how to prepare yourself and your family for a potential influenza pandemic.

How Could Influenza Cause a Pandemic?

A flu pandemic is a global influenza outbreak. A flu pandemic occurs when a new influenza virus emerges for which people have little or no immunity, and for which there is no vaccine. The disease spreads easily person-to-person, causing serious illness, and can move around the world quickly. During a pandemic, countries may close

borders or restrict travel, which can delay arrival of the virus, but cannot stop it.

The World Health Organization has indicated that the 2009 Swine Flu outbreak has the potential to become a pandemic. Such a pandemic could result in:

- Widespread outbreaks of disease
- Potentially large numbers of sick and dying
- Business closures and disruption of transportation systems
- Restrictions on the movement of people

How Would Pandemic Flu Be Different From Seasonal Flu?

SEASONAL FLU

- ▶ Occurs each winter
- ▶ Symptoms include fever, cough, runny nose and muscle pain
- ▶ The very young and the very old are most at risk
- ▶ A vaccine is available

PANDEMIC FLU

- ▶ Occurs about three times each century
- ▶ Symptoms may be more severe than common flu
- ▶ People of every age may be at risk
- ▶ A vaccine will probably not be immediately available

Will the Seasonal Flu Shot Protect Me Against Pandemic Flu?

No, the seasonal flu shot will not protect you against pandemic flu. However, you should still get a seasonal flu shot if available. This will not prevent pandemic flu, but it can decrease the chance of mistaking it for seasonal flu.

How Can I Decrease My Chances of Getting All Types of Influenza?

Personal Health Practices

- Wash your hands frequently with soap and water. Use waterless sanitizing gel if soap and water are unavailable.
- Wash your hands:
 - After sneezing, coughing, blowing your nose or using any shared keyboards, phones or tools.
 - Prior to touching your face, mouth or nose and before eating.
 - After contact with any ill person.
- Cover your mouth and nose when you cough or sneeze.
- Put used tissues in a wastebasket.
- Cough or sneeze into your upper sleeve if you don't have a tissue.
- Keep your distance – at least three feet (one meter) – from people who are ill, coughing or sneezing.
- Drink plenty of fluids, eat sensibly, avoid exhaustion and exercise in moderation.
- In a pandemic, avoid crowds and public transportation.

Vaccines: If available, you should get a seasonal vaccine (a flu shot) every year. A specific pandemic influenza vaccine cannot be produced until a pandemic flu virus strain emerges and is identified. Once a pandemic flu virus has been identified, it will likely take 4-6 months to develop, test and begin producing a vaccine.

Antiviral Medications: A number of antiviral drugs are approved to treat and sometimes prevent seasonal flu. Some of these antivirals may be effective in treating pandemic flu. These drugs may help prevent infection in people at risk and shorten the duration of symptoms of those infected with influenza. However, it is unlikely that antivirals alone would effectively contain the spread of pandemic flu.

Governments around the world have been stockpiling antivirals that would most likely be used in the early stages of an influenza pandemic. Prescription antiviral drugs can help prevent the disease if you have been exposed and can be used to treat pandemic flu, but supplies may be limited.

Is it Safe to Eat Pork or Poultry?

Yes, it is safe to eat **properly cooked** pork and poultry. Cooking destroys germs, including the swine and bird flu viruses. Below are steps to take to avoid infection when preparing pork or poultry:

- Wash your hands with soap and warm water for at least 20 seconds before and after handling raw pork, poultry or eggs.

- Clean cutting boards and other utensils with soap and hot water to keep raw meat from contaminating other foods.
- Use a food thermometer to make sure you cook poultry to a temperature of at least 165° Fahrenheit (74° Celsius). Cook pork and other pig-derived products to 160° Fahrenheit (71° Celsius). Consumers may wish to cook meat to a higher temperature for personal preference.
- Cook eggs until whites and yolks are firm.

What Precautions Should I Take When Visiting Areas Where Cases of the Flu Have Been Reported?

- Before traveling, check current travel recommendations by logging on to <http://www.who.int/ith/en/index.html> or www.cdc.gov/travel
- Avoid all contact with poultry (e.g., chickens, ducks, geese, pigeons, turkeys and quail), any wild birds or swine.
- Avoid areas where infected animals may be present, such as farms and livestock markets.
- Do not eat uncooked or undercooked pork, poultry or products containing pork or poultry.
- Practice careful and frequent hand washing, using soap and water or waterless, alcohol-based (60-95%) hand wash when soap is not available and hands are not visibly soiled.

Get Prepared.

Importance and Benefits of Being Prepared

It is difficult to predict when an influenza pandemic will occur or how severe it will be. The effects of a pandemic can be lessened if preparations are made ahead of time.

Social Disruption May Be Widespread

Plan for the possibility that usual services may be disrupted. These could include services provided by hospitals and other health care facilities, banks, stores, restaurants, government offices and post offices.

- Consider direct deposit for your payroll checks.
- Explore auto-bill pay and electronic checking options.

Schools May Be Closed for an Extended Period of Time

Plan home learning activities and exercises. Have materials, such as books, games and puzzles, on hand. Also, plan recreational activities that your children can do at home.

Be Informed

Reliable, accurate and timely information is available at www.pandemicflu.gov or www.who.int/en/



Other Sources

World Health Organization

Influenza Fact Sheet

www.who.int/mediacentre/factsheets/fs211/en/index.html

Frequently Asked Questions

Avian Influenza (Bird Flu)

www.who.int/csr/disease/avian_influenza/avian_faqs/en/index.html

Swine Flu

www.who.int/csr/swine_flu/swine_flu_faq.pdf

Centers for Disease Control and Prevention

Key Facts About

Avian Influenza (Bird Flu)

and Avian Influenza A (H5N1) Virus

www.cdc.gov/flu/avian/gen-info/facts.htm

Swine Flu

www.cdc.gov/swineflu/general_info.htm

- United States Department of Health & Human Services www.hhs.gov
- European Centre for Disease Prevention and Control <http://ecdc.europa.eu/>
- U.S. National Vaccine Program Office www.dhhs.gov/nvpo/pandemics

PANDEMIC EMERGENCY CHECKLIST FOR YOU AND YOUR FAMILY

1. Plan for a Pandemic:

- Store a two-week supply of water and food. This can be useful in other types of emergencies, such as power outages and disasters.
- If you take maintenance drugs, familiarize yourself with the company's policy to obtain an ongoing 90-day supply by mail.
- Get a pneumonia shot to prevent secondary infection if you are over the age of 65 or have a chronic illness such as diabetes or asthma. For specific guidelines, talk to your health care provider.
- Make sure that your family's immunizations are up to date.
- Have nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes and vitamins.



- 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.
- Get involved in your community as it works to prepare for an influenza pandemic.

2. Limit the Spread of Germs and Prevent Infection:

- Teach your children to wash hands frequently with soap and water – reinforce this behavior by doing the same.
- Teach your children to cover their mouths and noses when coughing or sneezing – reinforce this behavior by doing the same.
- Teach your children to stay away from others as much as possible if they are sick.
- Stay home from work and school if sick.
- If your community is experiencing pandemic cases, wear a surgical mask when in public.

3. Have Items Available for an Extended Stay at Home:

Examples of Food and Non-perishables

- Ready-to-eat canned meats, fish, fruits, vegetables, beans and soups
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter or nuts
- Dried fruit
- Crackers
- Canned juices
- Bottled water
- Cans or jars of baby food and formula
- Pet food

Examples of Medical, Health and Emergency Supplies

- Prescribed medical supplies, such as glucose and blood-pressure monitoring equipment
- Soap and water or alcohol-based (60-95%) hand wash

- Medicines for fever, such as acetaminophen or ibuprofen
- Cough and congestion supplies: tissues, surgical masks, decongestants, cough suppressants, fever medication
- Thermometer
- Anti-diarrheal medication
- Vitamins
- Fluids with electrolytes
- Household cleaning agents
- Flashlight
- Batteries
- Battery-operated radio
- Manual can opener
- Garbage bags
- Tissues, toilet paper, disposable diapers
- Sufficient cash (if banks or ATMs are unavailable)
- Key documents and ID (passport, government issued IDs, health records, health insurance papers)

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**Check MarathonCares.com
for the Most Current Pandemic Phase**

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New Virus in Animals, NO Human Cases Higher Risk of Human Cases
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Pandemic Efficient and Sustained Human-to-Human Transmission



**Be Informed.
Get Prepared.**

PANDEMIC FLU QUICK FACTS:

- Influenza is also referred to as “flu.”
- A pandemic is an epidemic affecting a large number of people, potentially resulting in illness or even death.
- A seasonal flu shot will not protect you against pandemic flu.
- It is difficult to predict when the next influenza pandemic will occur or how severe it will be.
- The effects of a pandemic can be lessened if preparations are made ahead of time.
- MaraView and MarathonCares.com will report the most current pandemic levels.



The information contained herein should not be considered medical advice or treatment. As in the case of all health issues, you should consult your health care provider for specific information and recommendations.

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