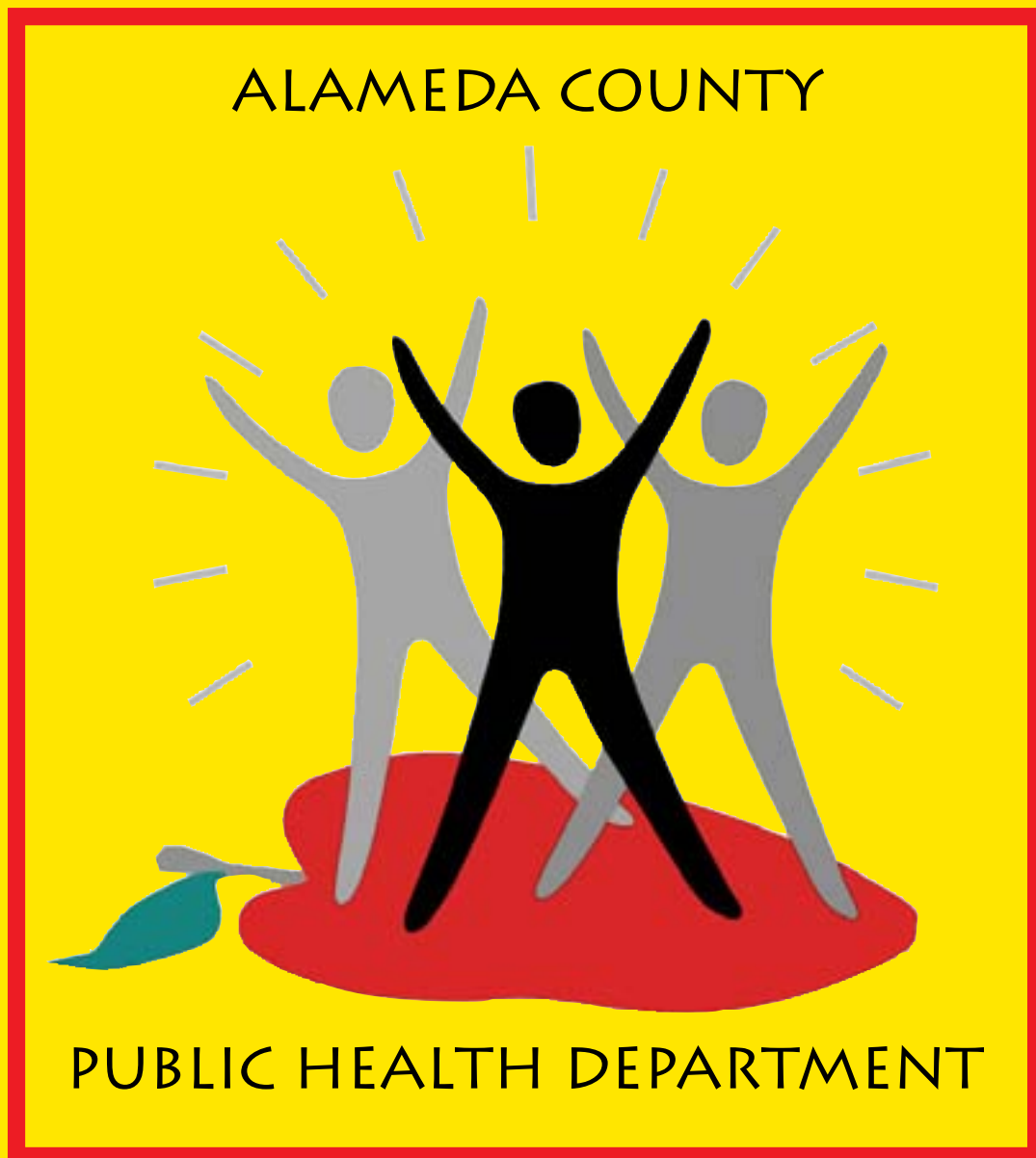


YOUR GUIDE TO PREPARING FOR PANDEMIC FLU



Alameda County Public Health Department
2007

Your safety. That's what public health is concerned about.

Because of the potential for a pandemic flu, Alameda County Public Health Dept. wants you to know more about this possible threat. This guide includes basic information about pandemic flu, individual and family preparedness, as well as where you can get more information.

To learn more about us, visit www.acphd.org or call 510-267-8000

Alameda County Public Health Department.

Adapted from Santa Clara County Public Health Department.

WHAT YOU SHOULD KNOW

Pandemic influenza (flu) is a worldwide outbreak of a new flu virus for which there is little or no protection in humans. Scientists and health professionals are concerned that the current virus seen in birds (avian flu) in other countries may develop into the next human pandemic.

A pandemic flu can spread easily from person-to-person and may cause serious illness and death, creating a public health emergency. A long, widespread outbreak of the disease could mean changes in many areas of our lives. Schools might need to dismiss students for a short time. Public transportation could be limited and air flights may be cancelled. Because so many people may be ill, many employees will not be able to go to work and many businesses and public services may have to limit services or hours, or close.

Plan ahead. Federal, state and local governments are taking steps to better prepare for and respond to a pandemic. You also need to take action to be better prepared.



ABOUT AVIAN FLU

Avian influenza (flu) is also known as bird flu. A non-human flu virus causes this infection in birds. Bird flu is very contagious among birds and can make some domesticated birds—like chickens and ducks—very sick and can kill them.

Bird flu viruses do not usually infect humans, but this latest outbreak of bird flu has infected people, mainly in Southeast Asian countries. When the illness infects people, it has been very serious. So far, over half the people sick with bird flu have died. As of July 2007, bird flu has not been found in birds or people in the United States.

People get bird flu from contact with sick birds. Sick birds shed the virus in saliva and fecal droppings. A person can catch bird flu when a sick bird coughs or sneezes into a person's face, or when a person breathes in bird dropping particles. People may also get the virus by eating undercooked poultry. You cannot get the virus by eating properly cooked poultry or eggs so be sure your poultry is fully cooked.

If exposed, you may not have symptoms for up to 14 days. Symptoms are usually flu-like symptoms: fever, cough, sore throat, muscle aches, shortness of breath and even eye infections. Serious cases of bird flu cause life-threatening breathing problems, including pneumonia. It can even cause death.

Scientists and health professionals are worried that the current virus in birds may change and develop into a virus that spreads easily from person-to-person, causing the next pandemic in humans. Once a flu pandemic begins, it will be difficult to prevent or stop.

Currently, there is no vaccine for bird flu. To protect yourself against bird flu, health officials recommend you take the same steps you would to protect yourself against any other flu or cold. (see **What You Can Do**).

WHAT YOU CAN DO

Preparing for a pandemic flu can reduce your chances of getting sick and help limit the spread of disease.

Get your seasonal flu shot! Stay healthy by eating a balanced diet with fruits and vegetables, exercising daily, getting enough rest, and drinking fluids.

Stay informed by keeping up-to-date on a possible pandemic by listening to radio and television, reading news stories, and checking out the web.

These simple steps can help stop the spread of flu germs:

- Wash your hands frequently using soap and water.
- Cover coughs and sneezes with tissues. Cough or sneeze into your sleeve. Put used tissues immediately in the trash and then wash your hands.
- If you get sick, stay home and away from others as much as you can.
- Don't send sick children to school.
- Avoid getting close to people who are sick.

Disinfectant Solution for Your Home

- 1 gallon water
- 1/4 cup bleach

Mix up a fresh batch every time you use it.

Rehydration Solution for Adults and Teens with the Flu

- 4 cups of clean water
- 2 tablespoons of sugar
- 1/2 teaspoon of salt

Mix all the ingredients until the sugar disappears. Drink the solution at room temperature.

PLEASE NOTE: Do not boil the solution because that will reduce the solution's helpfulness.

YOUR PANDEMIC FLU EMERGENCY KIT

Purchase supplies for 2 weeks to 2 months. If you cannot buy everything at once, build your emergency kit over time.

- Water – 1 gallon per person per day. Store water in sealed, unbreakable containers. Write the storage date on each bottle. Replace water every six months.
- Prescription medications and First Aid kit
- Food - non-perishable packaged or canned foods
- Thermometer (to check for fever)
- Soap, bleach (for cleaning, disinfecting)
- Disposable facemasks and gloves
- Acetaminophen, Ibuprofen (to control fevers)
- Alcohol-based hand sanitizer (for hand washing)
- Paper towels, tissues (for sneezes, coughs)
- Cash (\$20-100 in small bills and change for phone calls)
- List of contact names and phone numbers
- Special items for infants, elderly or disabled family members (infant formula, disposable diapers, medications, etc.)
- Food, water and leash or carrier for pets
- Personal hygiene items
- All purpose knife/disposable eating utensils/paper plates/cups/etc.

OTHER USEFUL ITEMS: paper, pens, playing cards, good book, and entertainment materials for children.

SEASONAL FLU vs. PANDEMIC FLU

There are some key differences in how seasonal flu happens and how a pandemic flu happens

SEASONAL FLU

- Usually follows a predictable pattern, often every year in the winter. There is usually some protection built up in a person from having the flu before.
- Healthy adults are not usually at risk for any serious problems.
- The medical community can usually meet public and patient needs.
- Vaccines are made before the flu season, based on known virus strains.
- Supplies of antiviral drugs are usually available.
- Average number of deaths in the U.S. is about 36,000 a year.
- Common flu symptoms: fever, cough, runny nose, and muscle pain.
- A small impact on the community with sick people staying home from work and school.
- Small impact on U.S. and world economy.

PANDEMIC FLU

- Doesn't happen often – only three times in the 20th century. The last time was 1968. With a new pandemic flu virus, there will be little or no immunity.
- Healthy people may be at risk for serious problems.
- The medical community will be overwhelmed.
- Vaccine developed early may not be effective. Once an effective vaccine is developed, it may not be available for several months.
- May not have any effective antiviral drugs or the supply may be limited.
- The number of deaths could be high; worldwide it could be millions.
- Symptoms would be more serious and there would be more medical problems.
- Big impact on the community. There could be travel restrictions, school dismissals, limited business hours or closings, and cancellation of public gatherings.
- Could have a big impact on U.S. and world economy.

LEARN MORE

Keep up-to-date on a possible pandemic flu by listening to radio and television, and reading news stories about pandemic flu. Go to www.acphd.org for more information and Fact Sheets on Pandemic Flu, Avian Flu, and Isolation & Quarantine.

- Go to www.pandemicflu.gov for updates on national and international pandemic flu.
- Go to www.cdc.gov for general information about pandemic flu and other health-related information.
- Go to www.who.int/csr/disease/avian_influenza/en/index.html for all Avian Flu and worldwide updates.
- Go to www.redcross.org for all the information you will need to make your own emergency preparation plan.

For Travel Information and Warnings

- Go to www.cdc.gov/travel/destinat.htm for health-related travel info.
- Go to www.who.int for health-related travel and international disease info.
- Go to http://travel.state.gov/travel/travel_1744.html for travel warnings.

DURING A PANDEMIC FLU

Here are some things you will need to know during a pandemic flu. Information will change during the pandemic and it will be important to keep up-to-date and follow public health guidance.

PUBLIC HEALTH INSTRUCTIONS

Throughout a pandemic flu you may be asked or required to do things to help prevent the spread of the disease in our community. If local public health officials or your healthcare provider ask you to take certain actions, follow those instructions. Everyone will need to do their part to control the spread of pandemic flu.

Here are some examples of what you may be asked or required to do.

- When you are sick, stay home. Children should not go to school if they are sick. Staying home will be absolutely necessary during a pandemic flu to limit the spread of the disease.
- Even though you may be healthy, you could be asked to stay away from crowds of people at sporting events, movies and festivals. During a pandemic flu, these kinds of events could be cancelled because large gatherings of people help spread the flu virus.
- When you travel to affected areas and when you return home, you could be asked to monitor your health for any signs of flu symptoms.
- Isolation and Quarantine are public health actions used to contain the spread of a contagious disease. If asked, it will be important to follow Isolation and/or Quarantine instructions.

ISOLATION

Is for people who are already ill. When someone is isolated, they are separated from people who are healthy. Having the sick person isolated (separated from others) can help to slow or stop the spread of disease. People who are isolated can be cared for in their homes, in hospitals, or in other healthcare facilities. Isolation is usually voluntary, but local, state and federal government have the power to require the isolation of sick people to protect the public.



QUARANTINE

Is for people who have been exposed to the disease but are not sick. When someone is placed in quarantine, they are also kept away from others. Even though the person is not sick at the moment, they were exposed to the disease and may still become infectious and spread the disease to others. Quarantine can help to slow or stop this from happening. Local, state and federal government have the power to enforce quarantines within their respective borders.

PREVENT THE SPREAD OF DISEASE AT HOME

If you or a household member becomes ill during a pandemic flu and are being cared for at home, follow these instructions to control the spread of disease in the home and contact your medical provider.

Isolate the ill person **WITHIN** your home.

- An ill person should not leave the house unless they are being taken to a medical appointment. The sick person may be asked to stay home for a specified time after their symptoms begin, even if they are feeling better. Do not have visitors while the person is sick.
- Designate a room(s) only for the ill person(s) so they are separated from other household members.
- The room(s) should have a door that can be closed and, if possible, a window that can be opened.
- The ill person should wear a disposable facemask (covering nose and mouth) when anyone is in the same room or car. People in the room or car with the ill person should also wear a disposable facemask. Disposable gloves should be used when cleaning or disinfecting any room or area where the sick person has been.

Wash hands with soap or use alcohol-based hand sanitizer.

- Everyone in the household—particularly children—should wash their hands with soap between contacts with others, before preparing food, and before eating.
- Wash hands after removing facemasks, touching tissues or surfaces soiled with saliva or nose drainage.



Keep the household environment clean.

- On a daily basis, clean surfaces and commonly shared items like microwaves, refrigerator handles, phones, remote controls, doorknobs and handles, toilet seats and handles, faucets, light switches and toys. Use a labeled household disinfectant or chlorine bleach mixture (see below).
- Store-brand chlorine bleach can be used as a disinfectant by mixing 1/4 cup chlorine bleach with 1 gallon of cool water.

Cover noses and mouths when sneezing or coughing.

- Remind children and others to cover their noses and mouths with a tissue when sneezing or coughing, or to sneeze or cough into their sleeves. Put used tissues in the garbage immediately, and then wash hands with soap or use an alcohol-based rub.
- Even when a person is wearing a facemask, they should cough or sneeze into their sleeve.

Watch all household members for symptoms of respiratory illness.

- Contact your healthcare provider if a fever or other symptoms such as chills, cough, sore throat, headache, or muscle aches develop.

Make sure supplies are on hand.

- Keep supplies of facemasks, gloves, soap, tissues, paper towels and cleaning supplies on hand.
- Make sure all sinks and restrooms are stocked with soap and paper towels.
- Make sure that tissues are available in all bedrooms and common areas like living, dining, family, and computer rooms.

IMPORTANT PHONE NUMBERS

Alameda County Public Health Department
- Emergency Medical Services

510-267-8000
510-618-2050

Oakland American Red Cross

510-594-5100

Alameda Behavioral (Mental) Health Care Services

510-567-8100

American Red Cross Bay Area

415-427-8000

Northern California Blood Region

10-594-5100

Please contact your City Government about your Community Emergency Response Team (CERT).

YOUR OWN IMPORTANT NUMBERS

Write down important numbers and keep them handy. These include friends and family, home and cellular numbers, your doctor or clinic, and your children's school.

GETTING INFORMATION

During a pandemic flu, emergency instructions may include details on how to protect your health, as well as school dismissals, business closings, and information on cancelled events.

Local radio and television stations and several web sites will provide information during a pandemic flu. In some instances, specific emergency instructions will be broadcast by:

KCBS AM 740

KGO AM 840

KQED FM 88.5

Remember to check Alameda County Public Health Department's web site for updates and information:
www.ACPHD.org.

WHERE TO FIND EMERGENCY MEDICAL CARE

During a pandemic flu, it will be important **NOT** to go to the hospital except in the case of a medical emergency. Hospitals will be overwhelmed with patients during a pandemic and many sick people may have to be cared for at home or at a non-hospital location.

Call 9-1-1 in the event of a serious, life-threatening emergency. Remember a pandemic flu could be bigger than any other health emergency, 9-1-1 may be overwhelmed by the number of calls.

HOSPITALS

(🚑 denotes trauma center)

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(🚑 denotes trauma center)

**Alameda County Medical Center
Highland General Hospital - 🚑**

1411 East 31st Street
Oakland, CA 94602
510-437-4800

Alameda Hospital
2070 Clinton Avenue
Alameda, CA 94501
510-522-3700

Alta Bates Medical Center
2450 Ashby Avenue
Berkeley, CA 94705
510-540-0337

Children's Hospital Oakland - 🚑
747 52nd Street
Oakland, CA 94609
510-428-3000

Eden Medical Center - 🚑
20103 Lake Chabot Road
Castro Valley, CA 94546
510-537-1234

Kaiser Permanente Fremont
39400 Paseo Padre Parkway
Fremont, CA 94538
510-248-3000

Kaiser Permanente Hayward
27400 Hesperian Boulevard
Hayward, CA 94545
510-784-4000

Kaiser Permanente Oakland
280 West MacArthur Boulevard
Oakland, CA 94611
510-752-1000

San Leandro Hospital
13855 East 14th Street
San Leandro, CA 94578
510-357-6500

St. Rose Hospital
27200 Calaroga Avenue
Hayward, CA 94545
510-264-4000

Summit Medical Center
350 Hawthorne Avenue
Oakland, CA 94609
510-655-4000

Valley Care Health Systems
5555 West Los Positas Boulevard
Pleasanton, CA 94588
925-847-3000

Washington Hospital
2000 Mowry Avenue
Fremont, CA 94538
510-797-1111

