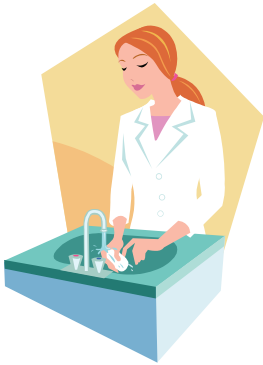


Preparing for Pandemic Influenza - What You Can Do

- Develop family preparedness plans as you would for any other public health emergencies.
- Participate and promote public health efforts in your state and community.
- Adopt business/school practices that encourage sick employees/students to stay at home.
- Practice good health habits, including eating a balanced diet, exercising daily, stopping smoking, and getting sufficient rest. Take these steps to stop the spread of germs:



-Wash hands frequently with soap and water

-Cover coughs and sneezes with tissue or cough into your elbow

-Stay away from others as much as possible if you are sick

Family Plan

- Food, water, and medications
- Diapers and formula for babies
- Check on elderly and homebound neighbors
- School assignments and games for children
- Pet supplies

For more information, contact your local health department or visit:

Indiana Department of Homeland Security
www.in.gov/dhs

Indiana State Department of Health
www.isdh.in.gov

Indiana Board of Animal Health
www.boah.in.gov

Indiana Department of Natural Resources
www.dnr.in.gov

Centers for Disease Control & Prevention
www.cdc.gov

US Government Pandemic Flu Information
www.pandemicflu.gov

US Government Avian Flu Information
www.avianflu.gov

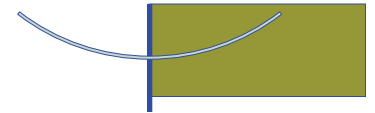
Howard County Health Department

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Pandemic Influenza: What You Need to Know



Howard County
Health Department



Mission: The Howard County Health Department is committed to the promotion of health and the prevention of disease.

What is an Influenza Pandemic?

A pandemic is a global disease outbreak. An influenza pandemic occurs when a new influenza A virus emerges for which there is little or no immunity in the human population, begins to cause serious illness, and then spreads easily person to person.



Flu Terms Defined

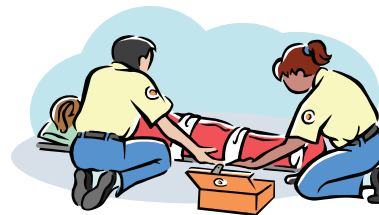
- *Seasonal* (or common) *flu* is a respiratory illness that can be transmitted person to person. Most people have some immunity, and a vaccine is available.
- *Avian* (or bird) *flu* is caused by influenza viruses that occur naturally among wild birds. The H5N1 variant is deadly to domestic fowl and can rarely be transmitted from birds to humans. There is no human immunity and no vaccine is currently available.
- *Pandemic flu* is a virulent human flu that causes a global outbreak, or pandemic, of serious illness. There is little natural immunity, and the disease can spread easily from person to person.

History of Pandemics

Pandemic Death Tolls Since 1900	
1918-1919	
US.....	675,000+
Worldwide.....	50,000,000+
1957-1958	
US.....	70,000+
Worldwide.....	1-2,000,000
1968-1969	
US.....	34,000+
Worldwide.....	700,000+

Impact of Pandemic Influenza

- Will spread rapidly throughout the world
- Many will be ill
- Many will die
- Significant burden on the medical system
- Social and economic disruption
- Attack rate predicted to be 15% to 35% of the population
- May come and go in waves, each of which can last for 6 to 8 weeks



Signs and Symptoms



- Fever
- Cough
- Sore throat
- Muscle aches
- Complications
 - Pneumonia
 - Acute respiratory distress
- Incubation period - 1 to 4 days
- Infectious period - 1 to 2 days before symptoms
- Duration - About 7 days for typical influenza, probably longer with a pandemic strain

Unlike typical influenza every winter, pandemic influenza is NOT seasonal.

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