

What You Can Do

You can prepare yourself and your family for pandemic influenza (and seasonal flu too):

- Build an emergency kit with extra water and special items for pandemic influenza. Be prepared to be on your own for up to 2 weeks.
 - Wash your hands frequently, especially after using the bathroom and preparing and eating food. Use soap and water and wash for 20 seconds.
 - Cover coughs and sneezes with a tissue, or use your sleeve.
 - Stay home if you are sick, and avoid close contact with people who are sick.
 - Be conscious not to touch potentially contaminated objects such as doorknobs and faucets and then touch your eyes, nose or mouth.
- And of course, eat a balanced diet, exercise daily, get enough rest, stop smoking if you do so, drink plenty of water, and get an annual flu shot. These are all great ways to stay healthy!

Check the Solano County Public Health website for more information about what items to include in your emergency kit, when and how to wash your hands, and other resources for staying healthy.

www.solanocounty.com/PublicHealth

Instructions from Public Health

Pandemic influenza may have a widespread impact on society, so much so that it is unlikely that state and federal agencies will initially be able to provide support to our community. Please be responsible for yourself and the people you care about by preparing now.

In the event of a pandemic flu, it is essential that community members follow instructions issued by the Solano County Health Officer or other Public Health officials.

You may receive information in a variety of ways such as radio, newspaper, TV and community meetings. In an emergency, listen to KUIJ at 95.3 FM or go to the Solano County Website (www.solanocounty.com) for information and instructions.

For more information visit:

www.pandemicflu.gov

www.redcross.org

www.who.int

Pandemic Flu: Are You Prepared?

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Special thanks to Santa Clara County Public Health Department.

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Pandemic Flu: Are You Prepared?



*It might not be possible to avoid pandemic flu.
You can reduce the impact by preparing now.*



*Health and Social Services Department
Public Health Emergency Preparedness and Response*

SEASONAL FLU

versus PANDEMIC FLU

Seasonal influenza occurs each year, usually in the winter months. It causes approximately 36,000 deaths per year in the US.

- Seasonal flu usually follows a predictable pattern, typically 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 complications.
- The medical community can usually meet public and patient needs.
- Vaccines are developed before the flu season based on predicted virus strains for that season.
- Supplies of antiviral drugs are usually available.
- Regular flu symptoms include fever, cough, runny nose, and muscle pain.
- There is usually an impact on the community with sick people staying home from work and school.
- There is usually some impact on US and world economies.



Pandemic influenza is a worldwide outbreak of a new flu virus to which humans have little or no natural immunity or protection.

- Pandemics don't happen often—only three times in the last 100 years. The last time was in 1969.
- Healthy people may be at risk for serious complications.
- The medical community will be overwhelmed.
- It will be very difficult to develop an effective vaccine before the virus is known. Once an effective vaccine is developed, it may not be available for six to nine months or longer because vaccine production takes a long time.
- There may not be effective antiviral drugs (medicine) or the supply may be limited.
- The number of deaths would be much higher; worldwide it could be millions.
- Symptoms would be more serious than those experienced with seasonal flu and there would be more medical complications.
- There may be a big impact on the community. There could be travel restrictions, school closings, and cancellations of public gatherings.
- There may be a big impact on US and world economies.

Facts about Avian (bird) Flu

Avian (bird) influenza is caused by a non-human virus that occurs naturally in wild birds.

- Routine avian flu does not usually infect humans. However, the latest outbreak of the H5N1 strain has infected people.
- Scientists are concerned that an avian flu virus may develop into a virus that is easily spread from person to person.
- So far, most human cases of H5N1 have involved close contact with infected poultry.
- When avian flu infects people, it can be very serious.
- You cannot get avian flu from properly cooked chicken or poultry.
- There is currently no human vaccine against H5N1 infection available to the public.

