

## How will a pandemic affect:



### Me and My Family

Since pandemics affect almost everyone, the best thing you can do for yourself and your loved ones is to be prepared. Tear out the "What can I do to Be Prepared?" section on the inside of this flyer and take it shopping with you. Since schools may be closed for an extended period of time, think about home learning activities for your children. Take common-sense steps to limit the spread of germs and try to stay healthy. Stay informed. Knowing the facts is the best preparation.

### My Job/Business

Being able to work may be difficult or impossible during a pandemic, therefore, find out if you can work from home. Ask your employer how business will continue during a pandemic.

## What can I do to Protect Myself Against the Flu?

### ❑ Wash your hands frequently with warm water and soap for 20 seconds

- Especially after you cough or sneeze
- Use an alcohol-based (60 - 95%) hand cleaner if you are not near water.



### ❑ Cover up when you cough or sneeze

- Use a tissue, or raise your arm up to your face to cough or sneeze into your sleeve.
- If you use a tissue, dispose of it as soon as possible and wash your hands immediately.

### ❑ Keep shared surface areas clean

- Doorknobs, light switches, telephones, keyboards, and other surfaces can become contaminated with all kinds of bacteria and viruses. Regular cleaning and disinfecting of these surfaces helps to kill germs.

### ❑ If you get sick, stay home!

- If you go out when you're sick, you may spread your illness to co-workers, classmates, neighbors or others. Don't send sick children to school and avoid close contact with people who are sick.

### ❑ Talk about staying healthy

- Encourage others to follow the steps described above.
- If you have children, be a good role model. Teach children to count to 20 while washing their hands to ensure that all the germs are killed. Show them how to cover up when they cough or sneeze.



WWW.SBCfluinfo.org



County of Santa Barbara

# Pandemic Flu

## Awareness and Preparedness



### Special Q & A Section on Bird Flu (Avian Influenza)



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## Where can I get More Information?

The Santa Barbara County Public Health Department is prepared to respond quickly to outbreaks of infectious disease and has a Pandemic Influenza Plan in place. For more information on this plan, visit <http://WWW.SBCfluinfo.org>

For more information on **Seasonal Flu**, try these websites:

- ▶ <http://www.hhs.gov/flu>
- ▶ <http://www.cdc.gov/flu>

For more information on **Bird Flu** (also known as H5N1 or Avian Influenza), try these websites:

- ▶ <http://www.cdc.gov/flu/avian>
- ▶ [http://www.who.int/csr/disease/avian\\_influenza/en/index.html](http://www.who.int/csr/disease/avian_influenza/en/index.html)

For more information on **Pandemic Flu**, try this website:

- ▶ <http://www.pandemicflu.gov>

### No Computer? Try these resources for more information:

- ▶ Contact the County of Santa Barbara Public Health Department at 1-888-SBCoFlu (1-888-722-6358).
- ▶ Your local public library. Ask the reference librarian for any information on Pandemic Flu and/or Bird Flu.
- ▶ Call 800-CDC-INFO (800-232-4636) For TTY, 888-232-6348

## What do I need to know about Pandemic?

### Q. What is a pandemic?

A. A pandemic is a global outbreak of a serious human flu for which there is little or no natural immunity. The disease typically spreads easily from person to person. Currently, there is no pandemic flu.

### Q. Should I worry about a pandemic?

A. There is some cause for concern because a pandemic flu can rapidly spread to virtually all countries. Once international spread begins, pandemics can be unstoppable because they are caused by a virus that spreads very rapidly by coughing or sneezing. People can be contagious before symptoms appear.

### Q. Will "Bird Flu" cause the next pandemic?

A. Right now Bird Flu does not generally spread from person to person. Experts are worried, however, that the Bird Flu might mutate into a form that *could* be spread from person to person. Because the Bird Flu virus is strong and has caused serious illness and sometimes death in those who have contracted it, a pandemic of the Bird Flu would have a serious impact worldwide. See the "What do I need to know about Bird Flu?" section on the inside of this pamphlet for more information on Bird Flu.

### Q. Will a pandemic start soon?

A. No one knows for sure but if the Bird Flu virus does change in a way that allows it to be spread from person to person, a pandemic could start.

### Q. What action would be taken to reduce the spread of a pandemic flu?

A. Strategies to separate people include: border closures, travel restrictions, no public gatherings of people, and isolation & quarantine.

# Seasonal Flu, Bird Flu and Pandemic Flu... Know the Difference



## What It Is

Seasonal (or common) flu is a respiratory illness that can be transmitted from person to person. Most people have some immunity, and a vaccine is available.



## How People Catch It

Humans catch the seasonal flu by breathing droplets that have been coughed or sneezed into the air by someone with the flu. Seasonal flu can also be caught by shaking an infected person's hand or touching a contaminated surface and then touching your own eyes, nose or mouth.

## Vaccine



Seasonal flu vaccines are available every year. They are developed to combat common, or known, flu viruses and are available several months before the flu season hits.

## How To Protect Yourself

Frequent hand washing and covering coughs and sneezes with a tissue are the best defense. Sick adults and children should stay home from work and school. Avoid close contact with anyone who might be ill with the flu.

## Bird Flu (also known as "H5N1" or "Avian Flu")

The H5N1 is a type of avian (bird) flu virus that occurs naturally among wild birds. H5N1, or "Bird Flu" for short, is deadly to domestic fowl (like chickens and turkeys). It can be transmitted from birds to humans but is not easily spread from person to person. There is no human immunity to the H5N1 Bird Flu virus and no vaccine is currently available.

Domestic birds, like chickens and turkeys, get the virus from wild birds and may become seriously ill. Humans can only get Bird Flu by coming into extensive, direct contact with birds or their droppings. Bird Flu is not contracted by eating properly cooked poultry products.

Currently, no human vaccine against the H5N1 Bird Flu virus has been developed.



You are unlikely to get the Bird Flu unless you have extensive direct contact with infected birds. Avoid direct contact with wild birds, domestic birds that have contact with wild birds, infected birds (sick or dead), and their droppings.

## Pandemic Flu (Influenza)

A pandemic is a global disease outbreak that occurs when a new virus emerges for which people have little or no immunity. The disease spreads easily person-to-person, causes serious illness, and can sweep across the country and around the world in a very short time. Currently, there is no pandemic flu in the world and no vaccine exists.

A pandemic flu is contracted the same way the seasonal flu is contracted.



Since no pandemic flu virus has been identified, work on a vaccine cannot yet begin. Once work begins on a vaccine, it may not be available for several months.

If the H5N1 Bird Flu virus should mutate into a form that is spread from human to human, individuals should take the same precautions as with the seasonal flu. If you are sick, stay home.

## What do I need to know about Bird Flu?

### Q. What is Bird Flu?

A. Bird Flu is a type of influenza ("flu" for short), that infects predominately wild birds. Bird Flu is also known as: "H5N1 Virus" (which is its scientific name) or "Avian Flu (or Influenza)". Avian is just another word for bird.

### Q. Why are people worried about Bird Flu?

A. There is concern that this Bird Flu virus could develop the ability to spread easily from person to person.

### Q. What are the chances that I will catch Bird Flu?

A. You are unlikely to get Bird Flu unless you have a lot of direct contact with infected birds, such as people who work on poultry farms.



### Q. Is it safe to eat poultry and eggs?

A. Yes. You can safely eat poultry and eggs if they are fully cooked (no pink or runny parts). Keep work surfaces clean by wiping them down with hot, soapy water.

### Q. Will a seasonal flu vaccine protect me against Bird Flu?

A. No. There currently is no vaccine for Bird Flu. Seasonal influenza (flu) vaccine provides protection only against seasonal flu, not Bird Flu.

### Q. What advice is there for people with backyard chicken flocks?

A. You can minimize the risk of Bird Flu by keeping your flock away from wild birds. Observe your birds for signs of illness. Report sick birds by calling 1-900-491-1899. Always wash your hands after handling your birds.



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## What can I do to Be Prepared?



If there is a pandemic flu outbreak, you may not be able to get the services you need; like power, food, medicine, and gas.

**Prepare before a crisis hits by making a Pandemic Flu Kit**

Make sure you have the things you and your family may need in order to get by for up to **2 weeks**.

- Water** stored in sealed, unbreakable containers. Plan one gallon of water for each person in your family for each day. (Don't forget your pets!)
- Food** that does not need to be refrigerated. Examples: canned meats and tuna fish, beans, soup, dried fruit, and protein bars.
- Rehydration solutions** such as Gatorade for adults and teens and Pedialyte for children.
- Over the counter medications** Have pain and fever medication for each person in your family, such as ibuprofen and acetaminophen (Tylenol) and a supply of cough medicine.
- Prescription medications and medical supplies** Have a supply of your regular prescription drugs when possible (insulin, heart medicine and asthma inhalers) and needed medical supplies, like insulin syringes and blood pressure monitoring kits.
- First aid kit** that includes: a first-aid manual; a thermometer; sterile gauze; adhesive tape; adhesive bandages in several sizes; antiseptic wipes; antibiotic cream (triple-antibiotic ointment); antiseptic solution (like hydrogen peroxide); hydrocortisone cream (1%); tweezers; sharp scissors; alcohol wipes or ethyl alcohol; your list of emergency phone numbers; blankets.
- Face masks and plastic gloves** for protection if you are taking care of a sick family member.
- Disinfectants and chlorine bleach** to clean.
- Other household items** Make sure you have a battery powered or wind-up radio, manual can opener, candles and/or lanterns, hand sanitizer and extra batteries.



A prepared household is a calm and safe household