

Pandemic Flu

Get Informed,
Be Prepared



Important websites

Local

DuPage County Health Department
www.dupagehealth.org (630) 682- 7400

DuPage County Homeland Security
www.protectdupage.org

Will County
www.willcountyhealth.org (815) 727-8484

State

Illinois Department of Public Health
www.idph.state.il.us (217) 782-4977

Other

Centers for Disease Control
www.cdc.gov

World Health Organization (WHO)
www.who.int/en or www.who.org

U.S. Department of Health and Human Services
www.pandemicflu.gov

Naperville Community Unit School District 203

Administrative Center
203 West Hillside Road
Naperville IL 60540-6589
630-420-6300
www.naperville203.org

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Home planning for a Flu Pandemic or other emergencies

- Store a supply of water - 1 gallon per person per day - and 3-ounce paper cups
- Store foods that are nonperishable and do not require cooking:
 - Ready-to-eat or canned fruits, vegetables, meats, soups
 - Protein and fruit bars
 - Dry cereal or granola
 - Nuts and peanut butter (if nonallergic)
 - Dried fruit
 - Crackers
 - Canned/bottled juices
 - Canned or jarred baby food and formula
 - Pet food

Medical supplies/emergency supplies

- Prescribed medical supplies, including monitoring equipment and extra batteries
- Soap and/or alcohol based hand wash
- Nonprescription medication for fever or pain
- Thermometer
- Antidiarrheal medication
- Vitamins
- Fluids with electrolytes
- Manual can opener
- Flashlight, batteries, portable radio
- Cleaning agents
- Garbage bags
- Toilet paper/tissues
- Diapers
- Personal hygiene items

What is the Pandemic Flu?

An influenza pandemic is an outbreak of disease caused by a new strain of flu virus that spreads globally and to which people have not been previously exposed.

What are characteristics of Seasonal, Avian, Swine and Pandemic Flu?

Seasonal Flu (or Common Flu)

Seasonal flu is a respiratory illness that can be transmitted person-to-person. Most people have some immunity and a vaccine is available. Approximately 36,000 people in the United States die of the seasonal flu annually and 200,000 are hospitalized.

Avian Flu (or Bird Flu)

Avian influenzas are viruses that occur naturally among wild birds. The H5N1 variant is deadly to domestic fowl and can be transmitted from birds to other animals or humans. Currently there is not person-to-person transfer. There is no human immunity and no vaccine is available. It is possible that an avian flu, like H5N1, could mutate so that person-to-person transmission is possible.

Swine Flu

Swine influenza is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not nor-

mally get swine flu, but human infections can and do happen. Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited and not sustained beyond three people.

Pandemic Flu

This is a virulent flu that causes a global outbreak, or pandemic, of serious illness. Because there is little natural immunity, the disease can spread easily from person to person.

Should a pandemic occur, schools may close for several days or weeks; business and transportation would be affected. Public gatherings could be limited. Outbreaks usually occur in two waves several months apart.

How does Pandemic Influenza spread?

Human influenza is mainly transmitted through person-to-person contact from coughing or sneezing, or when someone touches something that has the flu virus on it and then touches their nose, mouth or eyes.

Is there a vaccine to prevent Pandemic Flu?

Flu vaccines have to be made specifically for a particular virus causing an epidemic. Since it is unknown which influenza virus will cause a pandemic, there is currently no vaccine to prevent an occurrence. It could take several months to develop an effective vaccine.

Antiviral medications may be effective in decreasing the impact of a pandemic flu if the supply is sufficient.

How can I limit the spread of “germs” like the flu virus?

- Adults and children should wash hands frequently with soap and water for at least 20 seconds (the time it takes to sing “Happy Birthday” twice)
- Use alcohol-based hand cleansers when soap and water is not available (do not use with infants and toddlers)
- Cover coughs and sneezes with tissues; dispose of tissues after use
- If no tissues are available, cough or sneeze in elbow
- Stay away from others who are sick
- If you are ill with a respiratory illness, especially if accompanied by fever and/or chills, achy joints and cough or runny nose, stay home from work or school

How else can I prepare?

- Get the flu shot annually to help prevent the spread of seasonal flu
- Maintain health by:
 - Eating a balanced diet
 - Getting plenty of rest
 - Exercising on a regular basis