

Pandemic Influenza



CERT Basic Training Hazards

Pandemic Defined

- A pandemic is a global disease outbreak



Community Preparedness and Risk

- A community strategy can significantly delay or reduce impact of a pandemic
- A pandemic is likely to occur at least once every century

Assessing the Risk

- Groups most susceptible to pandemic:
 - Infants
 - Adults with autoimmune diseases
 - Elderly



Essential Services Disrupted

- Services may be limited or non-existent:
 - Hospitals and other healthcare facilities
 - Banks
 - Restaurants
 - Government offices
 - Telephone and cellular phone companies
 - Post offices

Food and Water Access Limited

- How to prepare:
 - Store two weeks of non-perishable food
 - Make sure that formulas for infants and any child's or older person's special nutritional needs are part of plan



Potable Water Access Limited



- How to prepare:
 - Store two weeks of water
 - ◆ 1 gallon of water per person per day
 - ◆ Avoid using containers that will decompose or break



Pandemic and the Workplace

- Ask your employer how business will continue
 - Discuss staggered shifts or working at home
 - Discuss on-site daycare
 - Discuss possible flexibility in leave policies
 - Discuss how much leave you can take to care for yourself or a family member
- Plan for possible loss of income

Pandemic Preparedness in Schools

- Talk to teachers, administrators, and parent-teacher organizations
- Plan now for children staying at home for extended periods of time
 - Plan entertainment and recreational activities
 - Plan home learning activities and exercises

Prevent the Spread of Disease

- Cover nose and mouth when you cough or sneeze
- Wash hands often with soap and water
- Avoid close contact with sick people
- If you get the flu, stay home
- Try not to touch eyes, nose, or mouth

Potential Treatments

- Current pandemic flu treatments are limited:
 - Vaccination
 - Antiviral medication



Sources for Reliable Information

- www.pandemicflu.gov
- Centers for Disease Control and Prevention (CDC) Hotline
 - 1-800-CDC-INFO (1-800-232-4636)
- Local and state government Web sites
 - Links are available to each state department of public health at www.pandemicflu.gov