



Pandemic Influenza

What you need to know today.



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Agenda

- Influenza viruses introduction
- What makes a pandemic
- Historical pandemics
- How a future pandemic might look
- Becoming personally prepared for a pandemic





Influenza (or Flu)

- The flu is a contagious respiratory illness caused by a virus.
- It can cause mild to severe illness, and at times can lead to death.
- A person infected with the flu virus can transmit it one-two days before they have symptoms.
- A person infected with the flu virus can transmit it four-five days after symptoms start.



Influenza Spread

Spread by contact with an infected person through:

- Sneezing
- Coughing
- Touching items recently contaminated by a person with the flu virus





Influenza Symptoms

Symptoms include:

- Fever (usually high) and chills
- Body aches
- Sore throat
- Non-productive cough (dry)
- Runny or stuffy nose
- Headache
- Extremely tired (fatigue)
- Diarrhea





Seasonal Flu

- The seasonal flu usually occurs annually between December and March.
- Every year in the US on average:
 - >200,000 people are hospitalized
 - 36,000 people die
- Most people who get the flu recover within 1-2 weeks and do not require medical treatment





The Difference between Season Flu and Pandemic Flu

- Seasonal flu is predictable where pandemic flu is not predictable.
- Pandemic flu is caused by a new flu virus strain that humans have not been exposed to, so they have no natural resistance or immunity to it.
- Pandemic flu infects large numbers of people of different ages all over the world and causes serious illness and deaths





Pandemic

- A disease outbreak that spreads rapidly and affects many people world wide.
- Characteristics
 - New virus that spreads easily as most people are susceptible
 - Effective human to human transmission is necessary
 - Measured by how fast the virus spreads
 - Wide geographic spread





Past influenza pandemics

Pandemic	Deaths in the US	Deaths Worldwide	Population Affected
Spanish Flu (H1N1) 1918-1919	500,000	40 million	Persons 20-40 years old
Asian Flu (H2N2) 1957-58	70,000	1-2 million	Infants, elderly
Hong Kong Flu (H3N2) 1968-69	36,000	700,000	Infants, elderly
Russian Flu (H1N1) 1977-78	8,300		Persons under 20 years old





Pandemic Waves

- Pandemics occur in multiple waves of disease outbreaks
- The first wave in a local area is likely to last six to eight weeks
- The time between pandemic waves varies and can not be easily predicted.





Is a Vaccine Available?

- A vaccine to protect people from pandemic flu is not available now.
- A vaccine may not be available at the start of a flu pandemic.
- The best protection is to practice healthy hygiene to stay well now and during a flu pandemic.



Preparing for a Pandemic

What you can do today.



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Practice Healthy Hygiene

- Clean hands often
 - Wash with soap and water or
 - Clean with hand sanitizer
- Cover mouth and nose when you sneeze or cough and clean hands afterwards
- Keep hands away from face
- Stay away from people who are sick





Prepare at Home

- Plan now to care for yourself or loved ones who get the flu.
- Determine what supplies you will need to provide care at home.
- Plan how you will care for someone in your household who becomes sick.



Stock Up Now

- Reduce your need to go out during a local flu pandemic by stocking extra food, water and supplies at home.
- If you do get sick and have extra supplies on hand, you will help reduce the spread of pandemic flu by staying home.





Prepare a Your Workplace

Ask about plans:

- for employees who get sick during a pandemic and need to stay home.
- to keep the business functioning if key staff can't come to work.
- for sick leave, benefits and wages when employees are asked to remain at home.





Prepare at School

Ask about plans:

- at your child's school or day care regarding an influenza pandemic.
- to encourage parents to keep children who are sick to stay home to reduce the spread of the flu during a local pandemic.





What to Expect

- Unlike other disasters, a pandemic flu is an infectious disease that does not damage homes, utilities, buildings and other structures.
- If the people who keep facilities, transportation and similar public systems are unable to work, daily life will be disrupted.
- A flu pandemic is similar to other disasters because it will disrupt your daily routines.
- You will be asked to take personal action to reduce the spread of the flu pandemic virus.



Thank you

Please remember
to clean your hands.



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