

## **INFLUENZA**

### *Seasonal Flu*

Seasonal flu is caused by influenza viruses that are similar to those already affecting people.

Symptoms include fever, cough, and runny nose and muscle pain. Deaths can be caused by complications such as pneumonia.

Healthy adults usually are not at risk for serious complications (the very young, the elderly, and those with certain underlying health conditions are at increased risk for serious complications).

Generally causes modest impact on society (e.g., some school closings, encouragement of people who are sick to stay home).

### *Pandemic Flu*

This is caused by a new influenza virus that people have not been exposed to before. It is likely to be more severe, affect more people, and cause more deaths than seasonal flu because people will not have immunity to the new virus.

Symptoms similar to the common flu may be more severe and complications more serious.

Healthy adults may be at increased risk for serious complications.

A severe pandemic could change the patterns of daily life for some time. People may choose to stay home to keep away from others who are sick. Also, people may need to stay home to care for ill family and loved ones. Travel and public gatherings could be limited. Basic services and access to supplies could be disrupted.

### **Pandemic Flu Checklist for families**

You can plan for influenza pandemic now.

1. Store a supply of water and food. Stores may be out of supplies. It is important to have extra water and canned food for each person in your family.
  - Food items to have on hand for an extended stay at home
    1. Ready to eat canned meats, fruits, vegetables and soups
    2. Protein or fruit bars
    3. Dry cereal or granola
    4. Dried fruit
    5. Crackers
    6. Canned juices
    7. Bottled water
    8. Canned or jarred baby food and formula
    9. Pet food
    10. Canned milk, powdered milk
    11. Staples, sugar, salt and pepper
    12. High energy foods, such as peanut butter, trail mix
    13. Comfort/stress food, such as cookies, hard candy, instant coffee and tea bags
2. As in other emergencies, have extra batteries on hand for power failures
  - Hand can opener (manual)
  - Batteries for: flashlights, radio and portable television and other electronic equipment
  - Soap and water
  - Garbage bags
  - Tissues, toilet paper, diapers, feminine hygiene products

3. Prescription and non-prescription medication and health supplies on hand. Be knowledgeable of your family's health care needs and what would be needed to take care of them at home.
  - Medical supplies
  - Blood pressure equipment
  - Diabetes monitoring supplies
  - Soap and water, disinfectant
  - Prescription medication
  - Medications for fever
  - Anti-diarrheal medication
  - Vitamins
  - Fluids with electrolytes
  - Antacid
  - Laxative
  
4. To limit the spread of germs and prevent infection:
  - Teach your children to wash hands frequently with soap and water
  - Teach your children to cover coughs and sneezes with tissues
  - Teach your children to stay away from others as much as possible if someone is ill at home and school or work
  - Stay home from school and work if you are ill
  
5. First Aid kit
  - Sterile adhesive bandages
  - 2 and 4 inch sterile gauze
  - Hypoallergenic adhesive tape
  - Scissors
  - Thermometer
  - Antiseptic
  - Assorted safety pins



2. **Emergency Contacts:**

Contacts	Name/Phone Number
Local personal emergency contacts	
Out-of-town personal emergency contacts	
Hospitals near: <b>Work</b>	
<b>School</b>	
<b>Home</b>	
Family Physician(s)	
State public health department (See list on <a href="http://www.pandemicflu.gov">www.pandemicflu.gov</a> )	
Pharmacy	
Employer contact and emergency information	
School contact and emergency information	
Veterinarian	