

POSSIBLE AFFECTS OF A PANDEMIC FLU ON DILLSBURG

- ❖ Up to 30% of the population could be affected either by falling ill or by caring for others
- ❖ An outbreak could last 2 –3 months
- ❖ High absentee rates may affect essential services such as healthcare, law enforcement, transportation and communications
- ❖ Food and other supplies may become scarce as the resupply chain is affected (most stores carry only a three day inventory on their shelves)
- ❖ Healthcare systems may become overwhelmed
- ❖ Employers may experience unusually high absenteeism for a long period of time. Extraordinary policies and practices may be required, such as emergency sick leave and wearing of surgical masks
- ❖ State and Federal governments may impose quarantine and isolation orders

COMMON QUESTIONS:

- **Are your pets safe?**
At this time, there is no Avian influenza present in the United States, so there is no risk to other animals. However, some domestic animals including pigs, cats and ferrets can be infected. No cases of infection in dogs have been reported.

- **Is there a vaccine for Avian Flu?**
No vaccine currently exists for the H5N1 virus, which is being seen in Asia. However, vaccine development efforts are underway. The University of Pittsburgh has developed a vaccine for poultry.
- **Is it safe to eat chicken and duck?**
Yes, but always take standard precautions. Fully cook all poultry to at least 165 degrees Fahrenheit. Keep hands, utensils and surfaces clean when handling raw poultry.
- **Is it safe to handle live wild birds?**
Minimize your exposure to wild birds. Wear disposable gloves and wash your hands if you must handle live or dead birds. Douse dead birds with chlorine bleach before disposing in a sealed bag.

PLANNING FOR A PANDEMIC:

- Preparedness begins with yourself, your family and your neighbors
- Discuss with your family and neighbors how they will be cared for if they become ill, especially those with special needs
- Store a **minimum two week supply** of water, fluids with electrolytes, and nonperishable foods
- Have an extra supply of **prescription medications** on hand
- Have a supply of **nonprescription medications and other health supplies** on hand
- Get a yearly flu vaccination

PRACTICE GOOD HEALTH HABITS:

- Eat a balanced diet
- Exercise regularly
- Get sufficient rest
- Stay home if you become ill
- Teach the entire family these basic habits

PRACTICE GOOD HYGIENE:

- Cover your cough and sneeze
- Wash your hands frequently
- Keep living and work areas clean
- Keep your distance-avoid crowds, limit your travel, work at home if possible
- Teach the entire family these basic habits

EMERGENCY CONTACTS:

- Prepare an Emergency Contact List and have multiple copies for all family members. Include family, friends, healthcare providers, pharmacy, employer, school, place of worship, veterinarian
- Prepare a Family Health Information Sheet. Include each family member's blood type, allergies, past/current medical conditions, and current medications/dosages.
- Stay informed and learn more using the internet, television, radio and newspapers
- www.pandemicflu.gov
- www.cdc.gov
- www.who.int

BACKGROUND

Influenza or “flu” is a seasonal occurrence that affects people and is caused by a common virus. Symptoms include fever, cough, sore throat, runny nose and muscle aches. Outbreaks are usually of known viral strains, and therefore vaccines exist.

Avian flu or “bird flu” is a virus (the H5N1 virus) that affects mainly wild and domesticated birds. The virus does not commonly infect humans. The existing cases in humans are due to direct contact with ill poultry and/or its blood or feces and eating infected poultry. Symptoms are similar to the common flu. No vaccine against the H5N1 virus exists.

Pandemics are global events that affect a higher than usual percent of the population. Influenza pandemics occur three to four times a century. In the last century, influenza pandemics occurred in 1918 (Spanish flu), 1957 (Asian flu) and in 1968 (Hong Kong flu). Unusual methods such as quarantine and isolation may be employed to prevent the spread of the virus. *An Avian Flu Pandemic is a possibility if the H5N1 virus mutates to a form that allows it to more easily infect people, and spread from person to person.*

Items to have on hand for an extended stay at home:

Examples of food and non-perishables

- ❑ Ready-to-eat canned meats, fish, fruits, vegetables, beans, and soups
- ❑ Protein or fruit bars
- ❑ Dry cereal or granola
- ❑ Peanut butter or nuts
- ❑ Dried Fruit
- ❑ Crackers
- ❑ Canned juices
- ❑ Bottled water
- ❑ Canned or jarred baby food and formula
- ❑ Pet food
- ❑ Other nonperishable foods

Examples of medical, health, and emergency supplies

- ❑ Prescribed medical supplies such as glucose and blood-pressure monitoring equipment
- ❑ Soap and water, or alcohol-based (60-95%) hand wash
- ❑ Medicines for fever, such as acetaminophen or ibuprofen
- ❑ Thermometer
- ❑ Anti-diarrhea medication
- ❑ Vitamins
- ❑ Fluids with electrolytes
- ❑ Cleansing agent/soap
- ❑ Flashlight
- ❑ Batteries
- ❑ Portable radio
- ❑ Manual can opener
- ❑ Garbage bags
- ❑ Tissues, toilet paper, disposable diapers

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DILLSBURG COMMUNITY



BOROUGH OFFICE

PANDEMIC INFLUENZA INFORMATION