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
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
How to prepare:

- Store two weeks of water
  - 1 gallon of water per person per day
  - Avoid using containers that will decompose or break
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](http://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](http://www.pandemicflu.gov)