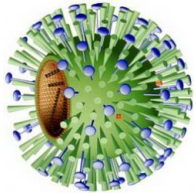


## What is Pandemic Influenza?



A pandemic occurs when a new influenza virus emerges to which people have no prior exposure. They, therefore, do not have immunity to it. Instead of 5-10% of the population becoming ill, as with seasonal influenza, approximately 35%+ of people will become ill during a pandemic.

Because people have no immunity, the virus may cause more severe illness than is normal from seasonal influenza. The severity of a pandemic depends mostly on the virus that causes it, and severity may change over time during the course of the pandemic. While seasonal influenza causes death in less than 1 of 1,000 people who become ill, a pandemic virus may cause moderately higher to much higher rates of death. For the worst influenza pandemic we witnessed last century, the Spanish Flu of 1918, in the United States approximately 2 of every 100 who fell ill died. There were from 40-100 million deaths worldwide from the 1918 pandemic.<sup>1</sup>

## How Does it Spread?



Pandemic Influenza (ex. Avian flu, 2009 H1N1 "Swine flu") is thought to spread in the same way that seasonal flu spreads. Flu viruses are transmitted mainly from person to person through coughing or sneezing

by people with influenza. Sometimes people may become infected by touching something – such as a surface or object – with flu viruses on it and then touching their mouth or nose.<sup>2</sup>

## How to Prevent the Spread of a Pandemic Flu?



Take everyday actions to stay healthy.

- Practice proper cough and sneeze etiquette.
  - Cough or sneeze into your elbow
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.<sup>2</sup>

## What are the Symptoms?



The symptoms of 2009 H1N1 flu virus in people include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected

with this virus also have reported diarrhea and vomiting. Severe illnesses and death has occurred as a result of illness associated with this virus.<sup>2</sup>

## How Long is an Infected Person Contagious?



the new H1N1 virus.<sup>2</sup>

People infected with seasonal and 2009 H1N1 flu shed virus and may be able to infect others from 1 day before getting sick to 5 to 7 days after. This can be longer in some people, especially children and people with weakened immune systems and in people infected with

## What to do if you Suspect you are Infected.

- **Stay home**, follow your doctor's orders, and watch for signs that you need immediate medical attention. Remain at home for 7 days after your symptoms begin or until you have been symptom-free (no fever) for 24 hours, whichever is longer.
- **Avoid close contact with others**, especially those who might easily get the flu, such as people of any age with chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, young children, and infants.
- **Wear a facemask** – if available and tolerable – when sharing common spaces with other household members to help prevent spreading the virus to others. This is especially important if other household members are at high risk for complications from influenza.
- **Get plenty of rest.**
- **Drink clear fluids** such as water, broth, sports drinks, or electrolyte beverages made for infants to prevent becoming dehydrated.
- **Cover coughs and sneezes.**
- **Clean hands with soap and water** or an alcohol-based hand rub often, especially after using tissues and after coughing or sneezing into your hands.
- **Talk to your doctor about the prescription antivirals**, Oseltamivir (TAMIFLU®) and Zanamivir (RELENZA®).<sup>3</sup>



## Social Distancing

Social distancing may be a viable alternative for the general public to avoid the pandemic influenza infection until the danger has



subsided. As schools and businesses close and hospitals become over-crowded, you may want to limit your exposure to infected individuals. This can range from avoiding large gatherings (schools, stores, church), limit exposure to other people within 6 feet, use personal protective equipment (such as N95 masks) or isolating your family in your home for an extended period (up to 90 Days). Store 90 days of food and water to sustain your family during such an ordeal.

More info: [www.iwillprepare.com](http://www.iwillprepare.com)

Sources:

<sup>1</sup> [www.pandemicpreparedness.org](http://www.pandemicpreparedness.org)

<sup>2</sup> <http://www.cdc.gov/h1n1flu/qa.htm>

<sup>3</sup> [www.flu.gov/individualfamily/prevention/preventionbasics.html](http://www.flu.gov/individualfamily/prevention/preventionbasics.html)