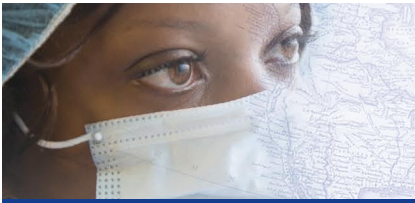


Pandemic Flu Preparedness

Tips and Resources

UPDATED AUGUST 2009



Visit the CDC H1N1 (Swine) Flu Page for Frequent Updates

Go to www.cdc.gov and click on H1N1 Flu at the top of the home page

CDC Home
CDC Centers for Disease Control and Prevention
Your Online Source for Credible Health Information

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H1N1 Flu

H1N1 Flu

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 - H1N1 Flu & You
 - What to Do if You Get Symptoms
 - Antiviral Drugs
 - Taking Care of a Sick Person
 - Novel H1N1 Vaccine
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H1N1 Flu (Swine Flu): General Information

- [H1N1 Flu & You](#)
What is novel H1N1 flu? Updated August 5, 2009
- [What To Do if You Get Flu-Like Symptoms](#) Updated August 5, 2009
- [Antiviral Drugs](#)
- [Taking Care of a Sick Person in Your Home](#) Updated August 5, 2009
- [Novel H1N1 Vaccine: Q & A](#) Updated Aug 3, 2009
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Podcasts, public service announcements, press briefings, and webcasts
- [Social Media](#)
Widgets, mobile info, buttons, videos, podcasts, e-cards, RSS feeds, twitter/microblogs updates, image sharing, social networking
- [Flvrs & Other Print Materials](#)

See also [Information for Specific Groups](#).

See also [Background Information on Influenza in Pigs](#).

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Contact Us:

- Centers for Disease Control and Prevention
1600 Clifton Rd
Atlanta, GA 30333
- 800-CDC-INFO
(800-232-4636)
TTY: (888) 232-6348
24 Hours/Every Day
- cdcinfo@cdc.gov

What Do You Think of This Site?

See the following booklet for flu emergency preparedness information.

Pandemic Flu Preparedness: Tips and Resources

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Introduction

This collection of tips and resources was developed to help sift through the voluminous—and certainly anxiety-provoking—material on pandemic influenza and preparedness. Enclosed are tip sheets, resources, and checklists that bring the core issues into focus and present useful information to help prepare, both mentally and practically, for a possible flu emergency.

How Can I Use These Materials?

- Read Basic Facts About Influenza for a basic understanding of what a flu emergency or pandemic would mean for individuals, families, and organizations, as well as issues you must consider in planning.
- Spread the word: communicate about preparedness with family members, coworkers, schools, child care and adult care providers, and other organizations you are involved with.
- Visit the “Go-to” websites mentioned in the section on Influenza and Pandemic Preparedness “Go-to” Organizations for more in-depth planning materials and information, especially the following site for planning checklists: <http://www.pandemicflu.gov/plan/workplaceplanning/businesschecklist.html>.



Basic Facts About Influenza

NOTE: This information is valid as of August, 2009. However, you will need to stay informed of changes and developments. See the list of expert organizations you can contact for up-to-date information in the section entitled Influenza and Pandemic Preparedness "Go-to" Organizations.

Influenza Basics

Flu Terms Defined

Seasonal (or common) flu is a respiratory illness that can be transmitted person to person. Most people have some immunity, and a vaccine is available.

Avian (or bird) flu is caused by influenza viruses that occur naturally among wild birds. Low pathogenic avian flu is common in birds and causes few problems. Highly pathogenic H5N1 is deadly to domestic fowl, can be transmitted from birds to humans, and is deadly to humans. (Most human cases are believed to be the result of direct contact with infected poultry or contaminated surfaces.) There is virtually no human immunity and human vaccine availability is very limited.

Novel H1N1 Flu (referred to as "swine flu" early on) is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. This virus is spreading from person-to-person worldwide, probably in much the same way that regular seasonal influenza viruses spread. On June 11, 2009, the World Health Organization (WHO) signaled that a pandemic (see below) of novel H1N1 flu was underway. (See the August, 2009 Swine Flu FAQs from the CDC on page 27.)

Pandemic flu is a virulent human flu that causes a global outbreak, or pandemic, of serious illness. Because there maybe little natural immunity, the disease can spread easily from person to person. Pandemic flu has occurred in the past (for instance, in the early 20th century). There is currently a pandemic of the H1N1 flu.



Basic Facts About Influenza

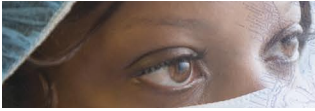
Will the seasonal flu shot protect me against pandemic influenza?

No, but it will help protect you from the seasonal flu. There is currently a vaccine against the H1N1 virus which is being tested. It is anticipated to be ready in mid-October, 2009. Visit www.cdc.gov to stay informed about the H1N1 vaccine.

Basic hygiene will be essential. Be prepared to help those at home and at work to practice good hygiene all the time. See the sections entitled Stopping the Spread of Germs at Work and at Home, Pandemic Preparedness: Supplies for an Extended Stay at Home, and Hygiene Poster.

Additional prevention measures include:

- Get a pneumonia shot to prevent secondary infection if you are over the age of 65 or have a chronic illness such as diabetes or asthma. For specific guidelines, talk to your health care provider or call the Centers for Disease Control and Prevention (CDC) Hotline at 1-800-232-4636.
- Make sure that your family's immunizations are up-to-date.



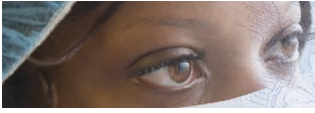
Basic Facts About Influenza

What Types of Issues May Arise in a Pandemic?

Pandemic influenza is different from other public health emergencies or community disasters:

- Influenza pandemics are expected but arrive with very little warning. A pandemic will last much longer than most flu outbreaks and may include “waves” of influenza that last 6-8 weeks separated by months. The effect of pandemic influenza on individual communities will be relatively prolonged (weeks to months) in comparison to disasters of shorter duration.
- Outbreaks can be expected to occur simultaneously throughout much of the U.S., preventing sharing of resources that usually occur in response to other disasters. Localities should be prepared to rely on their own resources to respond.
- Public health officials will not know how severe a pandemic will be until it begins.
- Because of widespread susceptibility to a pandemic influenza strain, the number of persons affected will be high.
- Health care workers and other first responders will be at higher risk of exposure and illness than the general population, further straining the health care system.
- Effective preventive and therapeutic measures, including vaccine and antiviral agents, are likely to be delayed and in short supply.

It is important to think about health issues that could arise if an influenza pandemic occurs, and how they could affect you and your loved ones. For example, if a mass vaccination clinic is set up in your community, you may need to provide as much information as you can about your medical history when you go, especially if you have a serious health condition or allergy. Fill in a Family Emergency Health Information Sheet using the form available at: www.pandemicflu.gov/plan/individual/familyhealthinfo.html



Basic Facts About Influenza

Social disruption may be widespread. Plan for the possibility that usual services may be disrupted. These could include services provided by hospitals and other health care facilities, banks, stores, restaurants, government offices, and post offices. Transportation systems and basic services, such as water, power, gas, and telecommunications may be limited or interrupted.

Consider how to care for people with special needs in case the services they rely on are not available. Plan for how you will care for loved ones, possibly in your home.

- Talk with your relatives' elder care facilities and/or service organizations about their pandemic preparedness plans.
- Call your Work/Life program for tips on preparing for caring for an adult loved one at home. (See Older Adult Needs During a Pandemic piece.)

Schools may be closed for an extended period of time. Plan home learning activities and exercises. Have books and learning materials on hand. Also plan recreational activities that your children can do at home (make sure you have extra supplies as listed in the section entitled Pandemic Preparedness: Supplies for an Extended Stay at Home).

- Call your Work/Life program for ideas.
- Talk with school administrators and your parent-teacher organization about your school's plans, and discuss how you can work together to help provide support for at-home learning (e.g., web-based and email-based education, and educational resources on the Internet).

Being able to work may be difficult or impossible. Find out if you can work from home. Plan for the possible reduction or loss of income if you are unable to work or your place of employment is closed. Check with your employer or union about leave policies.

Sources: Adapted from the U.S. Department of Health and Human Services and www.pandemicflu.gov



How Germs Spread

Illnesses like the flu and colds are caused by viruses that infect the nose, throat, and lungs. Flu and cold viruses usually spread from person to person when an infected person coughs or sneezes.

How to Help Stop the Spread of Germs

- Cover your mouth and nose when you sneeze or cough.
- Cough or sneeze into a tissue and then throw it away. Cover your mouth with your upper sleeve if you do not have a tissue, then clean your hands after you cough or sneeze.
- Clean your hands often.
- Wash your hands with soap and warm water: rub your hands vigorously together and scrub all surfaces. Wash for 15 to 20 seconds. It is the soap combined with the scrubbing action that helps dislodge and remove germs.
- When soap and water are not available, alcohol-based disposable hand wipes or gel hand sanitizers may be used. You can find them in most supermarkets and drugstores. If using a gel, rub the gel in your hands until they are dry. The gel doesn't need water to work; the alcohol in the gel kills germs that cause colds and the flu.
- Avoid touching your eyes, nose, or mouth.
- Germs are often spread when people touch something that is contaminated with germs and then touch their eyes, nose, or mouth. Germs can live for a long time (some can survive for two hours or more) on surfaces like doorknobs, desks, and tables.
- When you are sick or have flu symptoms, stay home, get plenty of rest, and check with a health care provider as needed. Your employer may require a doctor's note for an extended absence.

Remember: Keeping your distance from others may protect them from getting sick.



Common symptoms of the flu include:

- Headache
- Extreme tiredness
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle aches
- Nausea, vomiting, and diarrhea
(much more common among children than adults)

Teaching Children About Hygiene

Be role models for your children, and teach them to:

- Wash hands frequently with soap and water
- Cover coughs and sneezes with tissues and to wash their hands after every cough or sneeze
- Stay away from others as much as possible if they are sick. Stay home from work and/or school if sick

Sources: Centers for Disease Control and Prevention (CDC), U.S. Department of Health and Human Services and www.ucsfhealth.org/childrens/edu



Working remotely from a home-based office can be a challenge if it is not your regular “M.O.,” especially if you add on the significant stressors and potential infrastructure breakdowns that may come with a flu emergency. But in the event of a pandemic, situations such as school closures, quarantines, lack of dependent care, family illness, limited transportation, and workplace measures to reduce person-to-person exposure, may force employers and employees alike to rely on teleworking as part of a business continuation plan. It won’t be “business as usual,” so here are some tips to consider.

Dependent Care Concerns: When the Care You Depend on Isn’t There

First, everyone recognizes that normal teleworking is not a substitute for child care or elder care. We all (should) know that caregiving is its own job, and that it is not possible to devote your full attention to work if you are busy taking care of others. That said, you and your employer will need to set realistic expectations if you are in an emergency situation where schools are closed and child care and/or adult care are not available, very difficult to find, or carry health risks. Your employer will need to be kept informed of the reality of your situation, and you will need to be honest with yourself about the family demands that have been placed on you during a crisis. Consider these pointers:

- If you are called upon to work from home even if your children are present, be sure to have extra “entertainment” supplies at home (see the sections entitled *Pandemic Preparedness: Supplies for an Extended Stay at Home* and *Pandemic and Your Family*).
- Keep in mind that children may be more “needy” than usual: a flu crisis will take its toll on everyone’s psyche and emotions, and children will need extra reassurance and attention. And be sure to read the section on *Limiting Exposure to News*. For more on helping loved ones cope, see the section entitled *Minimizing Fear and Anxiety*.
- In the absence of a quarantine, you may be able to work out informal child or elder care (see *Older Adult Needs During a Pandemic*) arrangements with neighbors, friends or relatives, but any such plans will hinge on all involved parties being symptom-free and not exposed to others who are ill. And you will need to keep in mind that the very young and very old are at increased risk from influenza infection. For more information on influenza and infection control, see the sections entitled *Basic Facts About Influenza* and *Stopping the Spread of Germs at Work and at Home*.



Teleworking Basics

Establish a routine, and avoid overwork. Once you start teleworking, you will have 24-hour access to work. You may be tempted to work longer hours. However, working too much can cause stress, and this will not help you stay healthy and grounded during a challenging time. Knowing when to stop is essential for effective performance. One way to get around overwork is to implement specific business hours. Set firm starting and stopping times, and communicate these to your manager and coworkers. At the office, there are routines that structure your time. If you work at home, it may help to establish your own routine so that you don't overwork.

Establish goals. Develop daily lists of goals and assignments. At the end of each day, go over the list and see how much you've accomplished.

Plan in advance for “Plan B” teleworking:

- List all of the tasks and upcoming work that you may need to perform remotely. It's helpful to start the list in advance so that you can arrange for all the resources you'll need at home.
- Assess your telecommunications services at home, as well as any computer hardware or software you may need. Be sure that you have all the information you need at home regarding logging-in to systems over the Internet. It may also help to have this, as well as other contact information for your organization, in hard copy at home.
- Remember that during a severe pandemic regular telecommunications services and power may be limited or interrupted, so be sure that you and your manager have worked out multiple communication channels.
- Be sure to have basic office supplies at home, as you may be forced to work using pen, paper, index cards, etc.

Avoid distractions. Although you will need to stay in touch with the news media for updates during any type of crisis, you may need to keep unnecessary distractions at bay. See the following section below, “Limiting Exposure to News.”

Maintain regular communication with your manager. As a teleworker, you'll need to keep your supervisor informed about your progress and any difficulty you encounter.



Be accessible. Stay in touch with the office and/or your “central command.” Set up a system so that you can be reached easily. Make sure that you stay informed about back-up communication protocols, and that you are “in the loop” so that you can remain abreast of any changes regarding your work team’s or manager’s plans.

Limiting Exposure to News

In the event of a pandemic, television, radio, and the Internet will help you keep up to date. Watching/listening/surfing too much, however, can be disturbing and upsetting. And there is no need for younger children to be exposed to scary voices or visions. Be careful what they watch. Disturbing health warnings might be aired even during a harmless cartoon show.

Know Your Source

If you and/or any members of your family do watch television, listen to the radio, or surf the web, avoid less-than-reputable sources. You need real news and advice, not sensationalized reporting. Reliable information can be found at the following:

- www.pandemicflu.gov
- World Health Organization at www.who.int/en/
- Centers for Disease Control and Prevention (CDC):
 - o Hotline in English and Spanish: 1-800-CDC-INFO
 - o TTY: 1-888-232-6348
 - o Email questions to cdcinfo@cdc.gov
 - o Local state and government department sites for each state can be found at <http://www.cdc.gov/mmwr/international/relres.html>

Watch Together

If you do watch television with your child(ren), or if they read the news, or go on the computer, be there to help explain and/or calm them if necessary.



Supplies for an Extended Stay at Home

During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have at least a two-week supply of water and food on hand. Some items, such as N95 masks, may become scarce, even in advance of an actual pandemic. During a severe pandemic there may be power outages and interruptions in other basic services such as gas and water.

Water

- Store one gallon of water per person per day (two quarts for drinking, two quarts for food preparation/sanitation).
- Store water in plastic containers such as soft drink bottles. Do not use juice or milk containers as they may harbor bacteria even after being washed.

Food

Store at least a two-week supply of non-perishable food. In addition, you may not be able to cook if you are ill. Select foods that require no refrigeration, minimal preparation or cooking, and little or no water. Try to avoid very salty foods, as they will increase thirst. Include a selection of the following in your home:

- Vitamins
- Foods for infants, elderly persons, or persons on special diets
- Ready-to-eat canned meats, fish, beans, fruits, and vegetables
- Canned juices, milk, soup (if powdered, store extra water)
- Staples: sugar, salt, pepper
- High-energy foods: peanut butter, jelly, nuts, trail mix, dried fruits, protein bars, fruit bars
- Dry cereals, crackers, granola bars, pasta
- Comfort/stress foods (remember to limit these and maintain a healthy diet): cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags
- Pet food



Tools and Supplies

- Paper cups, plates, and plastic utensils
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Cash
- Non-electric can openers (2)
- First-aid manual and home-based flu care guidelines

Hygiene and Sanitation

- Toilet paper, towelettes
- Tissues
- Soap and alcohol-based (60%-95%) hand wash
- Liquid detergent
- Plastic garbage bags, ties (for personal sanitation uses)
- Paper towels
- Plastic bucket
- Disinfectant and disinfectant wipes (for phones and surfaces)
- Household chlorine bleach
- Latex gloves and N95 masks (which filter out 95% of particles)

Special Items

Note: all prescription and over-the-counter drugs must be kept up-to-date.

For Babies/Small Children

- Formula and baby food
- Diapers, wipes, and ointment
- Pacifiers



Pandemic Preparedness

- Extra bottles and bottle brushes
- Powdered milk/long shelf-life milk
- Infants' or children's pain reliever/fever reducer (acetaminophen and/or ibuprofen)
- Children's antidiarrhea medication
- Pediatric electrolyte-replacement fluids
- Thermometer

For Adults

- Essential prescription medications
- Prescribed medical supplies such as glucose and blood-pressure monitoring equipment
- Basic toiletries
- Tampons/pads
- Pain reliever/fever reducer (acetaminophen and/or ibuprofen)
- Antidiarrhea medication
- Fluids with electrolytes
- Thermometer
- Contact lens supplies

Entertainment and Education

You may be home for a long time—a very long time. See the following section entitled *Pandemic and Your Family* for ideas on how to cope with children of various ages during an extended stay at home.

Sources: Adapted from Federal Emergency Management Agency (FEMA) and U.S. Department of Health and Human Services



Pandemic and Your Family

In the event of a pandemic, the best advice is, “be prepared.” If you and your child(ren) are unable to leave home for any length of time, however, being prepared will mean more than just stocking up on water and food. It also means staying safe, staying healthy, and staying together.

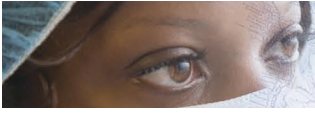
A Different Kind of Prepared

In the Pandemic Preparedness section, all emergency items are listed. If you have child(ren), you’ll also want to keep them happy and occupied. Here are some ideas:

- Keep a special box of toys, games, and crafts for use in the case of an emergency.
- Buy inexpensive fun items—and time fillers—at thrift stores and garage sales.
- Stock up on 25- or 50-cent vending machine “treasures” (make sure they are safe for children the age of your child).
- Coloring books, crayons, and colored pencils are good even for older children.
- Let your child blow off steam and get some exercise running around playing catch with a squishy Nerf ball.
- Older kids are into video and computer games. If you have electricity, letting them play longer than usual may keep you all less frustrated.
- If there’s no electricity, or if you just want to do something together, playing an old-fashioned board game like Monopoly or Scrabble can be very bonding and special.
- Give each child a notebook to start a journal or diary. Writing about what’s going on can be good therapy for an anxious older child.
- Art supplies will help a bored child and may also be therapeutic.
- Now might be a good time to teach your child how to knit or read music notes. Share what you know and love.

Explain What You Can

Help kids understand why they can’t go out and play. Just saying “no” will make them angry or upset. But keep the explanations as simple—and age-appropriate—as possible.



Pandemic and Your Family

- For younger kids: “Remember when Billy couldn’t come to your birthday party because he was sick? Well, some people aren’t feeling well now and we’re going to stay inside for a while so we can stay healthy.”
- For kids 6-11: Kids this age are savvy and may know what’s going on even if you don’t want them to. Don’t lie, because it will make you lose credibility in their eyes, but tell them only what you know, being as reassuring as possible. “A lot of people are sick, and we’re staying inside to keep from getting sick too. I don’t know how long this will take, but we’re doing okay and we’re together.”
- Preteen and teenage children will want to know what’s going on. Even at this age, though, be careful about exposing them to alarming and upsetting news on the radio or television. If they want to watch the news, watch with them to answer any questions and alleviate their fears. Also, children will likely be talking with friends on the phone. Such conversations could be upsetting—particularly if someone in a friend’s family is ill. Encourage your child to talk with you if someone says anything distressing during a phone call or if your child hears disturbing rumors.

Stay Healthy!

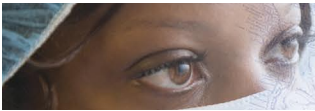
It’s been said before but it’s very important and worth repeating! Limit the spread of germs by frequently washing your hands—and your children’s hands—with soap and water. When you sneeze, cover your mouth and nose with a tissue, or cough or sneeze into your upper sleeve. When your infant sneezes, do your best to duck! Immediately throw away used tissues.

Maintain a Regular Schedule

As much as possible, live life normally within the confines of your home. School-age children can continue working on school reports or reading assignments. If phones and computers are working and you have remote access to your job, keep in touch with coworkers. Let the kids talk to their friends on the phone or via the Internet.

Staying Up to Date

The more prepared you are, the less worried you may be, and the better able to care for your young child(ren). If/when you can, listen to the radio or watch the news on television, but there’s no need for your young child to be exposed to upsetting content. Be careful whenever children watch TV—scary



Pandemic and Your Family

health warnings might be aired even during a harmless cartoon show.

Respect One Another

If you're not used to being home together for long periods, your dwelling may seem very small. Give each other privacy. Don't barge into your child's room without knocking. If one kid wants to read and the other wants to play music, take half-hour turns doing each.

Each person in the family may have a different reaction to a pandemic, from disbelief to fear to shock. Now is the time to band together to help each other come out positively on the other side.

Be Positive and Creative

It won't be easy to be positive. As the grown-up in charge, you may be more scared or bored or weary than your child, but you are in charge. In the event of a pandemic, normal rules may not apply. Cereal out of the box is a meal if no one wants to cook. If you have electricity and some good family DVDs, sitting and watching a few comedies together may make you all feel better. Is there a plain white wall in your child(ren)'s room? Let him or her draw or paint all over it, or tape up pictures from magazines. The room can be returned to normal later on, although who knows?—you might want to keep it as a memento of a not-very-pleasant time that you managed to make fun for your child(ren).

For more information, go to

<http://agbiopubs.sdstate.edu/articles/ExEx13002.pdf>

<http://kids.niehs.nih.gov/pandemic.htm>

http://www.catastrophereadinessclearinghouse.org/myhome_parents.asp

www.pandemicflu.gov/plan/individual/index.html then go to Family Guide Checklist, and Information Sheets



Older Adult Needs During a Pandemic

In the event of a pandemic, it may be hard enough taking care of yourself and your family—how can you also help elderly parents or relatives who may live far away?

In Advance

If your elderly parents live nearby, bring them bottled water, canned goods, and other heavy items that might be hard for them to carry. They'll also need batteries, flashlights, and extra prescription medications. Contact, or have them contact, their doctor and pharmacist to get an extra month or two of necessary medications.

If they live far away, try to get them to understand that they need to stock up on staples. If they need help, contact a friend or relative within driving distance. If no friend or relative is available, consider contacting a home care agency that can send someone to the grocery store, pharmacy, etc. Many older people may find it hard to accept that something drastic can happen. Don't scare them, just try to get them prepared.

Keep in Touch

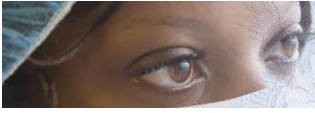
Whether your parents are close or far away, regular phone calls will make them feel more in touch with the world, and possibly less scared. A quick chat with a grandchild will do wonders to brighten up the day of housebound or facility-bound elders. If your older relatives have access to email, sending digital photos of you and your children engaged in fun activities at home can be a cheerful reminder that people can maintain a sense of normality even in trying circumstances. Keep in mind that older parents may be more worried about your health and the health of their grandchildren than they are about their own well-being.

Get Help

If you don't live near your relative, find a neighbor who can look in on or call your relative daily. If someone lives across the street, he or she can check if lights are going on in the morning and out at night. If you can't get in touch with your loved one, you can call the neighbor.

Help Out

Don't assume that an assisted living facility or nursing home is prepared for an emergency. Ask to meet with or speak to someone in charge at the facility. Suggest they get the checklist at: <http://www.pandemicflu.gov/plan/healthcare>.



Living Alone During a Pandemic

A pandemic is frightening, and if you live alone, it may even be scarier. Here are some ways to keep yourself from feeling too isolated as well as stay healthy.

In Advance

Stock up on staples and emergency items. Have your favorite canned foods (don't forget a can opener), bottled drinks, and easily prepared items in stock. Make sure you have batteries, flashlights, a battery-operated radio, medicines (over-the-counter and prescription), vitamins, and other important items. You also might want to have some "comfort" foods on hand, such as ice cream, potato chips, and other snack foods.

If Phones Are Working

Arrange to speak daily on the phone with a family member, friend, coworker, and/or neighbor. You'll feel less isolated and more in touch with the world.

Keep Busy

Now's the time to get to the projects in your home that you never have time for. Write letters. Clean out a closet. Put photos in an album. Read. Play solitaire. It is very important to keep yourself healthy mentally.

Stay Healthy Physically!

Start exercising. Eat as nutritiously as possible. Wash your hands frequently with soap and water. Immediately throw away used tissues.

Keep Up to Date

The more information you have, the less worried you may be. Listen to the radio or watch the news on TV. But don't watch too much if you find it upsetting.



Living Alone During a Pandemic

Be Positive and Creative

It may not be easy to be positive, but it's important. When the pandemic is over, most of life will return to some form of normal. Keep yourself ready. Being prepared, and taking care of yourself, will help you stay healthy and safe.

For more information, go to

<http://www.pandemicflu.gov>

<http://www.cdc.gov/mmwr/international/relres.html>



Concerned about Influenza? Basic Hygiene is Essential

Stop the Spread of Germs That Make You and Others Sick!

Serious respiratory infections like influenza—and other more common but dangerous illnesses—are spread by:


- Coughing or sneezing
- Unclean hands

To help stop the spread of germs:

- Cover your mouth and nose with a tissue when you cough or sneeze
- If you don't have a tissue, cough or sneeze into your upper sleeve, NOT your hands
- Put your used tissue in the waste basket

Clean your hands EVERY TIME after:

- Coughing or sneezing
- Blowing your nose
- Using the bathroom



**Wash with soap and hot water
—OR—
Clean with alcohol-based hand cleaner**



Family and Business Preparedness Information and Planning Checklists:

Federal Pandemic Influenza Website

- <http://www.pandemicflu.gov>

State Departments of Public Health

- <http://www.cdc.gov/mmwr/international/relres.html>

Influenza and Health Information

The Centers for Disease Control and Prevention (CDC)

- <http://www.cdc.gov>
- Telephone hotline: 1-800-CDC-INFO (1-800-232-4636), English and Spanish, 24 hours a day, 7 days a week
- TTY: 1-888-232-6348
- Questions can be e-mailed to cdcinfo@cdc.gov

Pandemic Flu and You: Get Prepared <http://www.pandemicfluandyou.org/>

- Sponsored by the Trust for America’s Health and funded by the Robert Wood Johnson Foundation
- Get informational resources and tools to help with preparedness
- Sign up for a weekly e-newsletter to follow influenza and pandemic preparedness news worldwide

The World Health Organization (WHO)

- <http://www.who.int/en/>
- The WHO is charged with tracking flu in humans worldwide and monitoring global responses to it. The WHO is also the lead international organization monitoring the threat of an influenza pandemic.
- The site provides the latest updates on avian, swine and other flu outbreaks worldwide as well as many useful fact sheets and “FAQs.”



Pandemic Flu Planning Checklist for Individuals & Families

You can prepare for an influenza pandemic now. You should know both the magnitude of what can happen during a pandemic outbreak and what actions you can take to help lessen the impact of an influenza pandemic on you and your family. This checklist will help you gather the information and resources you may need in case of a flu pandemic.

1. To plan for a pandemic:

- Store a two week supply of water and food. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies, such as power outages and disasters.
- Periodically check your regular prescription drugs to ensure a continuous supply in your home.
- Have nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.
- Volunteer with local groups to prepare and assist with emergency response.
- Get involved in your community as it works to prepare for an influenza pandemic.

2. To limit the spread of germs and prevent infection:

- Teach your children to wash hands frequently with soap and water, and model the current behavior.
- Teach your children to cover coughs and sneezes with tissues, and be sure to model that behavior.
- Teach your children to stay away from others as much as possible if they are sick. Stay home from work and school if sick.



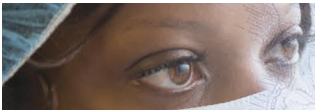
3. Items to have on hand for an extended stay at home:

Examples of food and non-perishables	Examples of medical, health, and emergency supplies
<ul style="list-style-type: none"><input type="checkbox"/> Ready-to-eat canned meats, fish, fruits, vegetables, beans, and soups<input type="checkbox"/> Protein or fruit bars<input type="checkbox"/> Dry cereal or granola<input type="checkbox"/> Peanut butter or nuts<input type="checkbox"/> Dried Fruit<input type="checkbox"/> Crackers<input type="checkbox"/> Canned juices<input type="checkbox"/> Bottled water<input type="checkbox"/> Canned or jarred baby food and formula<input type="checkbox"/> Pet food<input type="checkbox"/> Other nonperishable foods	<ul style="list-style-type: none"><input type="checkbox"/> Prescribed medical supplies such as glucose and blood-pressure monitoring equipment<input type="checkbox"/> Soap and water, or alcohol-based (60-95%) hand wash<input type="checkbox"/> Medicines for fever, such as acetaminophen or ibuprofen<input type="checkbox"/> Thermometer<input type="checkbox"/> Anti-diarrheal medication<input type="checkbox"/> Vitamins<input type="checkbox"/> Fluids with electrolytes<input type="checkbox"/> Cleansing agent/soap<input type="checkbox"/> Flashlight<input type="checkbox"/> Batteries<input type="checkbox"/> Portable radio<input type="checkbox"/> Manual can opener<input type="checkbox"/> Garbage bags<input type="checkbox"/> Tissues, toilet paper, disposable diapers

PandemicFlu.gov



AvianFlu.gov



H1N1 Flu: FAQs from the CDC

FAQs from the Centers for Disease Control and Prevention (CDC)

August 2009: <http://www.cdc.gov/h1n1flu/qa.htm>

Novel H1N1 Flu

What is novel H1N1 (swine flu)?

Novel H1N1 (referred to as “swine flu” early on) is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. This virus is spreading from person-to-person worldwide, probably in much the same way that regular seasonal influenza viruses spread. On June 11, 2009, the World Health Organization (WHO) signaled that a pandemic of novel H1N1 flu was underway.

Why is novel H1N1 virus sometimes called “swine flu”?

This virus was originally referred to as “swine flu” because laboratory testing showed that many of the genes in this new virus were very similar to influenza viruses that normally occur in pigs (swine) in North America. But further study has shown that this new virus is very different from what normally circulates in North American pigs. It has two genes from flu viruses that normally circulate in pigs in Europe and Asia and bird (avian) genes and human genes. Scientists call this a “quadruple reassortant” virus.

Novel H1N1 Flu in Humans

Are there human infections with novel H1N1 virus in the U.S.?

Yes. Human infections with the new H1N1 virus are ongoing in the United States. Most people who have become ill with this new virus have recovered without requiring medical treatment.

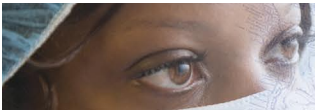
CDC routinely works with states to collect, compile and analyze information about influenza, and has done the same for the new H1N1 virus since the beginning of the outbreak. This information is presented in a weekly report, called FluView.

Is novel H1N1 virus contagious?

CDC has determined that novel H1N1 virus is contagious and is spreading from human to human.

How does novel H1N1 virus spread?

Spread of novel H1N1 virus is thought to occur in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person



H1N1 Flu: FAQs from the CDC

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.

What are the signs and symptoms of this virus in people?

The symptoms of novel 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.

How severe is illness associated with novel H1N1 flu virus?

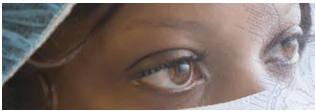
Illness with the new H1N1 virus has ranged from mild to severe. While most people who have been sick have recovered without needing medical treatment, hospitalizations and deaths from infection with this virus have occurred.

In seasonal flu, certain people are at “high risk” of serious complications. This includes people 65 years and older, children younger than five years old, pregnant women, and people of any age with certain chronic medical conditions. About 70 percent of people who have been hospitalized with this novel H1N1 virus have had one or more medical conditions previously recognized as placing people at “high risk” of serious seasonal flu-related complications. This includes pregnancy, diabetes, heart disease, asthma and kidney disease.

One thing that appears to be different from seasonal influenza is that adults older than 64 years do not yet appear to be at increased risk of novel H1N1-related complications thus far. CDC laboratory studies have shown that children and few adults younger than 60 years old do not have existing antibody to novel H1N1 flu virus; however, about one-third of adults older than 60 may have antibodies against this virus. It is unknown how much, if any, protection may be afforded against novel H1N1 flu by any existing antibody.

How does novel H1N1 flu compare to seasonal flu in terms of its severity and infection rates?

With seasonal flu, we know that seasons vary in terms of timing, duration and severity. Seasonal influenza can cause mild to severe illness, and at times can lead to death. Each year, in the United States, on average 36,000 people die from flu-related complications and more than 200,000 people are hospitalized from flu-related causes. Of those hospitalized, 20,000 are



H1N1 Flu: FAQs from the CDC

children younger than 5 years old. Over 90% of deaths and about 60 percent of hospitalization occur in people older than 65.

When the novel H1N1 outbreak was first detected in mid-April 2009, CDC began working with states to collect, compile and analyze information regarding the novel H1N1 flu outbreak, including the numbers of confirmed and probable cases and the ages of these people. The information analyzed by CDC supports the conclusion that novel H1N1 flu has caused greater disease burden in people younger than 25 years of age than older people. At this time, there are few cases and few deaths reported in people older than 64 years old, which is unusual when compared with seasonal flu. However, pregnancy and other previously recognized high risk medical conditions from seasonal influenza appear to be associated with increased risk of complications from this novel H1N1. These underlying conditions include asthma, diabetes, suppressed immune systems, heart disease, kidney disease, neurocognitive and neuromuscular disorders and pregnancy.

How long can an infected person spread this virus to others?

People infected with seasonal and novel 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 the new H1N1 virus.

Prevention & Treatment

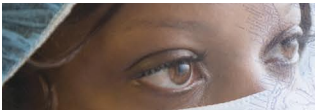
What can I do to protect myself from getting sick?

There is no vaccine available right now to protect against novel H1N1 virus. However, a novel H1N1 vaccine is currently in production and may be ready for the public in the fall. As always, a vaccine will be available to protect against seasonal influenza

There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza.

Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough



H1N1 Flu: FAQs from the CDC

or sneeze. Alcohol-based hand cleaners* are also effective.

- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making others sick.

Other important actions that you can take are:

- Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.
- Be prepared in case you get sick and need to stay home for a week or so; a supply of over-the-counter medicines, alcohol-based hand rubs,* tissues and other related items might could be useful and help avoid the need to make trips out in public while you are sick and contagious

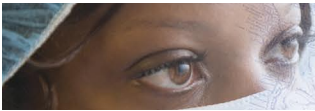
What is the best way to keep from spreading the virus through coughing or sneezing?

If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)

Keep away from others as much as possible. Cover your mouth and nose with a tissue when coughing or sneezing. Put your used tissue in the waste basket. Then, clean your hands, and do so every time you cough or sneeze.

If I have a family member at home who is sick with novel H1N1 flu, should I go to work?

Employees who are well but who have an ill family member at home with novel H1N1 flu can go to work as usual. These employees should monitor their health every day, and take everyday precautions including washing their hands often with soap and water, especially after they cough or sneeze. Alcohol-based hand cleaners are also effective.* If they become ill, they should notify their supervisor and stay home. Employees who have an underlying medical condition or who are pregnant should call their health care provider for advice, because they might need to receive influenza antiviral drugs to prevent illness. For more information please see General



H1N1 Flu: FAQs from the CDC

Business and Workplace Guidance for the Prevention of Novel Influenza A (H1N1) Flu in Workers.

What is the best technique for washing my hands to avoid getting the flu?

Washing your hands often will help protect you from germs. Wash with soap and water or clean with alcohol-based hand cleaner*. CDC recommends that when you wash your hands -- with soap and warm water -- that you wash for 15 to 20 seconds. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.

What should I do if I get sick?

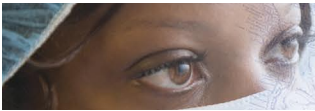
If you live in areas where people have been identified with novel H1N1 flu and become ill with influenza-like symptoms, including fever, body aches, runny or stuffy nose, sore throat, nausea, or vomiting or diarrhea, you should stay home and avoid contact with other people. CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Stay away from others as much as possible to keep from making others sick. Staying at home means that you should not leave your home except to seek medical care. This means avoiding normal activities, including work, school, travel, shopping, social events, and public gatherings.

If you have severe illness or you are at high risk for flu complications, contact your health care provider or seek medical care. Your health care provider will determine whether flu testing or treatment is needed.

If you become ill and experience any of the following warning signs, seek emergency medical care.

In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting



- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

Are there medicines to treat novel H1N1 infection?

Yes. CDC recommends the use of oseltamivir or zanamivir for the treatment and/or prevention of infection with novel H1N1 flu virus. Antiviral drugs are prescription medicines (pills, liquid or an inhaled powder) that fight against the flu by keeping flu viruses from reproducing in your body. If you get sick, antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. During the current pandemic, the priority use for influenza antiviral drugs during is to treat severe influenza illness (for example hospitalized patients) and people who are sick who have a condition that places them at high risk for serious flu-related complications.

What is CDC's recommendation regarding "swine flu parties"?

"Swine flu parties" are gatherings during which people have close contact with a person who has novel H1N1 flu in order to become infected with the virus. The intent of these parties is for a person to become infected with what for many people has been a mild disease, in the hope of having natural immunity novel H1N1 flu virus that might circulate later and cause more severe disease.

CDC does not recommend "swine flu parties" as a way to protect against novel H1N1 flu in the future. While the disease seen in the current novel H1N1 flu outbreak has been mild for many people, it has been severe and even fatal for others. There is no way to predict with certainty what the outcome will be for an individual or, equally important, for others to whom the intentionally infected person may spread the virus.



CDC recommends that people with novel H1N1 flu avoid contact with others as much as possible. If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Stay away from others as much as possible to keep from making others sick.

Contamination & Cleaning

How long can influenza virus remain viable on objects (such as books and doorknobs)?

Studies have shown that influenza virus can survive on environmental surfaces and can infect a person for 2 to 8 hours after being deposited on the surface.

What kills influenza virus?

Influenza virus is destroyed by heat (167-212°F [75-100°C]). In addition, several chemical germicides, including chlorine, hydrogen peroxide, detergents (soap), iodophors (iodine-based antiseptics), and alcohols are effective against human influenza viruses if used in proper concentration for a sufficient length of time. For example, wipes or gels with alcohol in them can be used to clean hands. The gels should be rubbed into hands until they are dry.

***What if soap and water are not available and alcohol-based products are not allowed in my facility?**

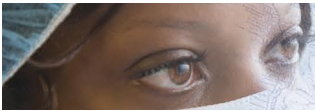
Though the scientific evidence is not as extensive as that on hand washing and alcohol-based sanitizers, other hand sanitizers that do not contain alcohol may be useful for killing flu germs on hands.

What surfaces are most likely to be sources of contamination?

Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. Droplets from a cough or sneeze of an infected person move through the air. Germs can be spread when a person touches respiratory droplets from another person on a surface like a desk, for example, and then touches their own eyes, mouth or nose before washing their hands.

How should waste disposal be handled to prevent the spread of influenza virus?

To prevent the spread of influenza virus, it is recommended that tissues and other disposable items used by an infected person be thrown in the trash.



Additionally, persons should wash their hands with soap and water after touching used tissues and similar waste.

What household cleaning should be done to prevent the spread of influenza virus?

To prevent the spread of influenza virus it is important to keep surfaces (especially bedside tables, surfaces in the bathroom, kitchen counters and toys for children) clean by wiping them down with a household disinfectant according to directions on the product label.

How should linens, eating utensils and dishes of persons infected with influenza virus be handled?

Linens, eating utensils, and dishes belonging to those who are sick do not need to be cleaned separately, but importantly these items should not be shared without washing thoroughly first.

Linens (such as bed sheets and towels) should be washed by using household laundry soap and tumbled dry on a hot setting. Individuals should avoid “hugging” laundry prior to washing it to prevent contaminating themselves. Individuals should wash their hands with soap and water or alcohol-based hand rub immediately after handling dirty laundry.

Eating utensils should be washed either in a dishwasher or by hand with water and soap.

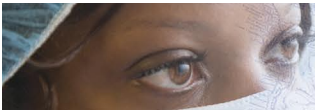
Exposures Not Thought to Spread Novel H1N1 Flu

Can I get infected with novel H1N1 virus from eating or preparing pork?

No. Novel H1N1 viruses are not spread by food. You cannot get infected with novel H1N1 virus from eating pork or pork products. Eating properly handled and cooked pork products is safe.

Is there a risk from drinking water?

Tap water that has been treated by conventional disinfection processes does not likely pose a risk for transmission of influenza viruses. Current drinking water treatment regulations provide a high degree of protection from viruses. No research has been completed on the susceptibility of novel H1N1 flu virus to conventional drinking water treatment processes. However, recent studies have demonstrated that free chlorine levels typically used in



H1N1 Flu: FAQs from the CDC

drinking water treatment are adequate to inactivate highly pathogenic H5N1 avian influenza. It is likely that other influenza viruses such as novel H1N1 would also be similarly inactivated by chlorination. To date, there have been no documented human cases of influenza caused by exposure to influenza-contaminated drinking water.

Can novel H1N1 flu virus be spread through water in swimming pools, spas, water parks, interactive fountains, and other treated recreational water venues?

Influenza viruses infect the human upper respiratory tract. There has never been a documented case of influenza virus infection associated with water exposure. Recreational water that has been treated at CDC recommended disinfectant levels does not likely pose a risk for transmission of influenza viruses. No research has been completed on the susceptibility of novel H1N1 influenza virus to chlorine and other disinfectants used in swimming pools, spas, water parks, interactive fountains, and other treated recreational venues. However, recent studies have demonstrated that free chlorine levels recommended by CDC (1–3 parts per million [ppm or mg/L] for pools and 2–5 ppm for spas) are adequate to disinfect avian influenza A (H5N1) virus. It is likely that other influenza viruses such as novel H1N1 virus would also be similarly disinfected by chlorine.

Can novel H1N1 influenza virus be spread at recreational water venues outside of the water?

Yes, recreational water venues are no different than any other group setting. The spread of this novel H1N1 flu is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

Note: Much of the information in this document is based on studies and past experience with seasonal (human) influenza. CDC believes the information applies to novel H1N1 (swine) viruses as well, but studies on this virus are ongoing to learn more about its characteristics. This document will be updated as new information becomes available.