

YOUR GUIDE TO

Preparing for Pandemic Flu

Because the potential for pandemic flu affects all communities, the **San Miguel Fire Protection District** has prepared this important guide to help educate, inform and prepare your family for this possible health threat.

This guide includes general information that you and your family should know about pandemic flu, including:

- Pandemic Flu Descriptions
- Prepare your Household and Reduce Risks
- Comparing Seasonal Flu and Pandemic Flu
- Public Health Guidelines
- Prevent the Spread of Disease at Home
- Important Non-emergency Phone Numbers
- County Medical Facilities
- Start an Emergency Preparedness Kit
- Where to Learn More

To learn more about **The San Miguel Fire Protection District**, please visit www.smgfire.org

San Miguel Fire Protection District
Serving the Community with Fire, Medical, Education



What is a ... **PANDEMIC FLU?**

Pandemic influenza (flu) is a **world wide outbreak** of a new flu virus for which there is little or no immunity (protection) in the human population.

Scientists and health professionals fear that the current virus in birds (see “What is Avian Flu” on page 9) may develop into the next human pandemic. Pandemic flu can spread easily from **person-to-person**, cause serious illness and death. When a new pandemic flu spreads it creates a **public health emergency**. This emergency will not be like anything we’ve faced before. A pandemic will last longer, make more people seriously ill and may cause more deaths than any other health crisis in our time.

A long-lasting and widespread outbreak of the disease could mean changes in many areas of our lives. Schools might need to temporarily close. Public transportation could be limited and air travel may be cancelled. Because so many people will be ill, many employees will not be able to go to work and many businesses and public services may have to close or limit their hours of operation.

It is very important to **plan ahead**. Federal, state and local governments are taking steps to better prepare for and respond to a pandemic. Individuals also need to take action to be better prepared.

How to **PREPARE** Yourself & Your Family

Properly preparing for a pandemic flu can reduce your chances of getting sick and help limit the spread of disease.

STAY HEALTHY!

Eat a Balanced Diet
Get Adequate Rest

Drink Plenty of Fluids
Get a Seasonal Flu Shot

Exercise Daily

STAY INFORMED!

Keep Current on Information about a Possible Pandemic
Follow News on the Radio, Television & Informational Websites

These common-sense steps can help **STOP THE SPREAD** of influenza germs:

1. **WASH HANDS** frequently using soap and water.
2. **COVER** coughs and sneezes with tissues, or cough or sneeze into your sleeve.
3. Put used tissues in the trash and then wash your hands.
4. If you get sick, **STAY HOME AND AWAY FROM OTHERS** as much as possible.
5. **DON'T** send sick children to school or daycare.
6. Avoid close contact with people who are sick.

The Difference between . . .

SEASONAL FLU & PANDEMIC FLU

The following chart helps illustrate the different characteristics of seasonal flu and a pandemic flu.

SEASONAL FLU:

Regular flu symptoms are fever, cough, runny nose, and muscle pain.

Typically occurs **every year** during the winter months, following a predictable pattern.

Regular occurrence means **some protection** has usually been built up in people from having the flu before.

Healthy adults are **not usually at risk** for any serious complications.

The medical community can usually meet public and patient needs.

Vaccines are developed before the flu season based on known virus strains.

Supplies of antiviral **drugs are usually available**.

The average number of deaths in the U.S. is about **36,000 a year**.

Has a **small impact** on the community with sick people staying home from work and school.

Has **little impact** on the U.S. and world economies.

PANDEMIC FLU:

Pandemic flu symptoms are more serious and there would be more medical complications.

Rarely occurs (only three times in the 20th century). The last time was in 1968.

There is **little to no immunity** in people since a new pandemic flu hasn't happened before.

Even healthy adults **may be at risk** for serious complications during a pandemic flu.

The medical community will be overwhelmed.

A vaccine developed early may not be effective. Once an effective vaccine is developed, it may not be available for several months.

Antiviral **drugs supplies may be limited**, and the drugs may not be effective.

The number of deaths would be much higher, worldwide it could be **millions**.

Would have a **huge impact** on the community. There could be travel restrictions, school closings, limited business hours or closings, and cancellation of public gatherings.

Could have a **large impact** on the U.S. and world economies.



Public Health Instructions . . .

DURING A PANDEMIC FLU

Information will change during the course of a pandemic and it will be important to keep informed and follow local public health orders. Throughout the course of a pandemic flu, Public Health Officials may ask or require you to do things to help prevent the spread of disease in our community.

Here are some examples of what you may be asked or required to do:

1. **STAY HOME** when you are sick. Children should not go to school if they are sick. Staying home will be absolutely necessary during a pandemic flu to limit the spread of the disease.
2. **AVOID LARGE GATHERINGS.** During a pandemic flu, these kinds of events may be cancelled because large gatherings of people help spread the flu virus. And even if you are healthy, you could be asked to stay away from large groups of people such as at sporting events, movies and festivals.

If our public health officials or your healthcare provider ask or require you to take certain specific actions, please follow those instructions!

TERMS You Should Know

ISOLATION and **QUARANTINE** are public health actions used to contain the spread of contagious diseases. If you are asked to do so, it will be extremely important to follow instructions given for Isolation and/or Quarantine.

ISOLATION is for people who are already ill. When someone is isolated, they are separated from people who are healthy. Having the sick person isolated (separated from others) can help to slow or stop the spread of disease. People who are isolated can be cared for in their homes, in hospitals, or in other healthcare facilities. Isolation is usually voluntary, but local, state and federal governments have the power to require the isolation of sick people to protect the public.

QUARANTINE is for people who have been exposed to the disease but are not sick. When someone is placed in quarantine, they are also separated from others. Even though the person is not sick at the moment, they were exposed to the disease and may still become infectious and then spread the disease to others. Quarantine can help to slow or stop this from happening. States generally have the power to enforce quarantines within their borders.

Prevent the Spread of Disease . . .

IN YOUR HOME

During a pandemic flu, if you or someone else become ill and are being cared for at home, please follow these instructions to control the spread of disease within your home.

ISOLATE the ill person WITHIN your home:

1. People who are ill should not leave the house unless they are going to a medical appointment. Any sick person will have to stay home for two weeks after their symptoms begin, even if they are feeling better. **Do not have visitors while anyone is sick in the home.**
2. Designate one or more room(s) that are **only for the ill person(s)** to separate them from other household members. These room(s) should have a door that can be closed.
3. **Anyone ill should wear a protective mask** when anyone else is in the same room or car with them. Healthy people near any ill person should also wear a protective mask. Disposable gloves should be used when cleaning or disinfecting any room or area where the sick person has been.

WASH HANDS with SOAP or use alcohol-based hand rubs:

4. Everyone in the household should **wash their hands with soap** between contact with others, before preparing food or eating. Adults should remind or help children wash their hands, too.
5. **Wash hands thoroughly** after touching tissues, surfaces soiled with saliva or nose drainage.

Keep your home environment CLEAN:

6. A household **disinfectant or chlorine bleach mixture** (see below) should be used **everyday** to **clean surfaces and commonly shared** items like faucets, light switches, doorknobs, handles, phones, toilet seats/levers, remote controls, microwaves, refrigerator handles, games/toys and computers.
7. Any store brand chlorine bleach can be used as a disinfectant:
Mix ¼ cup chlorine bleach + 1 gallon of cool water

COVER nose and mouth when sneezing or coughing:

8. Remind children and others to **sneeze or cough into their sleeves** or to cover their nose and mouth with a tissue when sneezing or coughing, even when wearing a mask. Put used tissues in the trash, then wash hands with soap or use an alcohol-based rub.

WATCH all household members for SYMPTOMS of RESPIRATORY ILLNESS:

9. **Contact your healthcare provider** if anyone in your home develops a fever or other symptoms such as chills, cough, sore throat, headache, or muscle aches.

Keep important SUPPLIES are on hand:

10. Keep supplies of masks, gloves, soap, tissues, paper towels and cleaning supplies on hand.
11. Make sure all sinks and restrooms are well stocked with soap and paper towels. Keep tissues in all bedrooms and common areas like the kitchen, family, dining, living rooms and office.



Important Phone Numbers . . .

NON-EMERGENCY

The following are phone numbers for **NON-EMERGENCY CALLS**. They can provide disaster preparedness information and disaster related assistance.

San Diego County – Office of Emergency Services	858.565.3490 www.sdcounty.ca.gov/oes
Health & Human Services Agency – Public Health Information	619.692.8661
CalTrans District 11 Highway Information	619.688.6699
check current highway conditions	800.427.ROAD www.dot.ca.gov/dist11
San Miguel Fire Protection District Community Emergency Response Team (CERT)	619.670.0500

Your Own **IMPORTANT NUMBERS**

Write down important numbers and keep them close. These numbers should include friends and family home and cell numbers, your doctor’s office or clinic, and your children’s school.

name:

number:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

GETTING INFORMATION TO STAY INFORMED:

During a pandemic flu, specific emergency instructions and information will be broadcast on local radio and television stations and posted on various web sites. Emergency instructions may include ways to protect your health, as well as school and business closures and the cancellation of events. You should check these resources often to get current news throughout a pandemic.



Where to Find . . .

EMERGENCY MEDICAL CARE

Call 911 only in the event of a serious, life-threatening emergency! During a pandemic, the 911 lines may become overloaded with calls because that situation could be bigger than any other health emergency our system has encountered.

It will also be very important for you and your family to **NOT GO TO THE HOSPITAL** except in the case of a medical emergency! Hospitals will also be overwhelmed with patients during a pandemic and many sick people may have to be cared for at a non-hospital location or at home. In the event that you or a family member must get emergency medical attention, please go to the nearest hospital.

SAN DIEGO COUNTY HOSPITALS **Trauma Center****Alvarado Hospital (La Mesa/SDSU area)**

6655 Alvarado Road, San Diego CA 92120-5298
619.287.3270 www.alvaradohospital.com

**Children's Hospital (Kearny Mesa area)**

3020 Children's Way, San Diego CA 92123
858.576.1700 www.chsd.org

Fallbrook Hospital

624 East Elder Street, Fallbrook CA 92028
760.728.1191 www.scrippshealth.org

Kaiser Foundation Hospital

4647 Zion Avenue, San Diego CA 92120
619.528.5000 www.kaiserpermanente.org

**Palomar Medical Center (Escondido area)**

555 East Valley Parkway, Escondido CA 92025
760.739.3000 www.pph.org

Paradise Valley Hospital

2400 East Fourth Street, National City CA 91950
619.470.4321 www.paradisivalleyhospital.org

Pomerado Hospital (Poway area)

15615 Pomerado Road, Poway CA 92064
858.613.4000 www.pph.org

Scripps Green Hospital (Torrey Pines area)

10666 N. Torrey Pines Road, La Jolla CA 92037
858.554.9100 www.scrippshealth.org

Scripps Memorial Hospital, Encinitas

354 Santa Fe Drive, Encinitas CA 92024
760.633.6501 www.scrippshealth.org

**Scripps Memorial Hospital, La Jolla**

9888 Genesee Avenue, La Jolla CA 92037
858.626.4123 www.scrippshealth.org

**Scripps Mercy Hospital (Hillcrest area)**

4077 Fifth Avenue, San Diego CA 92103
619.294.8111 www.scrippshealth.org

Scripps Mercy Hospital, Chula Vista

435 H Street, Chula Vista CA 91910
619.691.7000 www.scrippshealth.org

Sharp Chula Vista Medical Center

751 Medical Center Court, Chula Vista CA 91911
619.482.5800 www.sharp.com

Sharp Coronado Hospital

250 Prospect Place, Coronado CA 92118
619.522.3600 www.sharp.com

Sharp Grossmont Hospital (La Mesa area)

5555 Grossmont Center Drive, La Mesa CA 91942
619.740.6000 www.sharp.com

**Sharp Memorial Hospital (Kearny Mesa area)**

7901 Frost Street, San Diego CA 92123
858.939.3400 www.sharp.com

Thornton Hospital (UTC/La Jolla area)

9300 Campus Point Drive, La Jolla CA 92037
858.657.7000 <http://health.ucsd.edu/>

Tri-City Medical Center (Oceanside/Vista area)

4002 Vista Way, Oceanside CA 92056
760.724.8411 www.tri-citymed.com

**UCSD Medical Center, Hillcrest**

200 West Arbor Drive, San Diego CA 92103
619.543.6222 <http://health.ucsd.edu>

How to Prepare a . . .

PANDEMIC FLU EMERGENCY KIT

During a pandemic flu emergency, it is estimated that as many as 1 in 4 people could become sick. Of those people, many will be seriously ill. With so many people affected by illness, the services and supplies we count on everyday may be disrupted for some time, making your everyday life very different. Every household should prepare to be on their own and without care for up to two weeks during a pandemic emergency. So, preparing your household ahead of time to be on their own and without care is extremely important.

A good start to a Pandemic Flu Emergency Preparedness Kit should include these items:

- FOOD:** Two weeks worth of food that does not need to be refrigerated for everyone in your household (good examples are canned meats and fish, beans, soups, fruits and dry goods like flour, salt and sugar).
- WATER:** If water service is disrupted, plan on one gallon per person per day for up to two weeks (14 days). That means 14 gallons of water should be stored for each member of your household (for 3 people, 3 gallons \times 14 days = 42 gallons). Emergency water should be stored in sealed, unbreakable containers.
- PRESCRIPTION MEDICATION:** Two weeks worth of any prescription medicines you or your family members require.
- MEDICATION:** For fever and pain, stock a two week supply of ibuprofen or acetaminophen for each person in the house, plus a two week supply of cough medicine.
- REHYDRATION SOLUTION:** Pedialyte for children, Gatorade for adults and teens as an example. A store-bought solution is strongly recommended for infants and toddlers. See the box below for instructions to make a rehydration solution suitable for adults and teens.
- FACE MASKS & PLASTIC GLOVES:** These will help protect you especially if you are taking care of family members who are sick with the disease.
- DISINFECTANTS & CHLORINE BLEACH**
- CELL PHONE & CHARGER**

You can get more information on putting together a complete Emergency Preparedness Plan & Kit from the American Red Cross – call 408-577-1000 or visit their website at www.redcross.org.

◆ REHYDRATION SOLUTION FOR ADULTS & TEENS

4 cups clean water (pre-boiled if necessary)

2 tablespoons sugar

½ teaspoon salt

Mix all ingredients until the sugar dissolves completely.
You can drink the solution at room temperature.

Do not boil the solution because that will reduce it's effectiveness!

What is . . . **AVIAN FLU?**

Avian influenza (flu), also known as **bird flu** is a highly contagious, non-human flu virus causing infection in birds. Among domesticated birds, like chickens and ducks, it can cause illness and death.

Scientists and health professionals are concerned that the current avian flu may **change** into a virus that could spread easily from **person to person**. And because it is not possible to prevent or stop a pandemic once it begins, it could become the next pandemic in humans, causing serious illness and death.

Humans don't usually catch bird flu viruses, but the latest outbreak of bird flu has infected people, **mainly in Southeast Asian countries**. In humans, the virus is very serious causing death in over half of the people infected. At the time this guide was produced (Winter 2007), bird flu had not been found in birds or people in the United States.

The virus is transmitted to people by contact with an infected bird's saliva or feces. A person can catch bird flu when an infected chicken coughs or sneezes onto a person's face, or when a person breathes in bird dropping particles. People may also get the virus by eating undercooked poultry. You cannot get the virus from properly cooked food, so always **fully cook eggs and poultry**.

Symptoms of bird flu usually include the seasonal flu-like symptoms of fever, cough, sore throat, muscle aches, shortness of breath and even eye infections. If exposed to bird flu, a person could have symptoms for up to 14 days. Serious cases of bird flu can cause life-threatening breathing problems, including pneumonia, and even death. Depending on the severity of their symptoms, healthcare providers may treat bird flu patients with anti-viral medicines, supportive care, and even hospitalization. There is no vaccine for bird flu. To protect yourself, health officials recommend you take the same steps that you would take to protect yourself against any other flu or cold (see "How to Prepare Yourself & Your Family" on page 2).

Learn More . . .

Bookmark these sites on your computer to easily find up-to-date information in the event a pandemic flu occurs.

Find more information about pandemic flu and preparing for such an event by visiting the following web sites:

www.sdfu.org
www.cdc.gov
www.redcross.org
www.pandemicflu.gov

Information on pandemic flu, avian flu, isolation and quarantine
 Pandemic flu and other health related information
 Information to help complete your own emergency preparedness plan
 Updates on national and international pandemic flu

For travel information and warnings, visit the following web sites:

www.cdc.gov/travel
www.who.int
www.travel.state.gov

Provides health-related travel information
 Health related travel information and international disease outbreak
 Federal international travel warnings and information

For information during a regional emergency in San Diego County, visit:

www.sdcounty.ca.gov/oes
www.sdcountyemergency.com

San Diego County Office of Emergency Services
 San Diego County Emergency Homepage

www.smgfire.org
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