

# PANDEMIC INFLUENZA PREPAREDNESS FACT SHEET

## BRUNSWICK COUNTY HEALTH DEPARTMENT

### What is a Pandemic

Pandemic flu is virulent human flu that causes a global outbreak, or pandemic, of serious illness. Because there is little natural immunity, the disease can spread easily from person to person. Currently, there is no pandemic flu.

### Protect Yourself and Your Family

#### Cover your mouth and nose

- Cover your mouth and nose with a tissue when you cough or sneeze
- Put your tissue in the trash can
- If you do not have a tissue, cough or sneeze into your upper sleeve, not your hands

#### Wash your hands

- Wash hands with warm, soapy water for at least 10-15 seconds
- If water is not available use hand sanitizer

#### Keep your home and work areas clean and sanitized

- Clean areas with household detergents
- Use bleach or alcohol to sanitize surfaces

#### Keep your distance

- Avoid crowds
- Limit your travel
- If possible, work from home

### How is a Pandemic Different from the Regular Flu?

Seasonal Flu	Pandemic Flu
Occurs every year	Occurs irregularly
Occurs during the winter; December to March	Occurs at any time of the year
Most people recover in 1 to 2 weeks with little medical treatment	Some people may never recover even with medical treatment
The very young, elderly and very sick are most at risk	People of every age may be at risk

For a complete family guide go to:

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

### WHO Phases

\*The World Health Organization (WHO) has defined phases of a pandemic to assist in planning and response.

Phase Title	Phase #	Description
Inter-pandemic phase	1	Low risk of human cases
	2	New virus in animals, no human cases, Higher risk of human cases
Pandemic Alert	3	No or very limited human-to-human transmission
	4	Evidence of increased human-to-human transmission
	5	Evidence of significant human-to-human transmission
Pandemic	6	Efficient and sustained human-to-human transmission

### Potential Impacts of a Pandemic

Essential services may be disrupted: including banks, restaurants, post offices, stores, gas stations  
 Food and water supplies may be interrupted and limited  
 Being able to work may be difficult or impossible  
 Schools and daycare centers may be closed for an extended time period  
 Medical care could be disrupted

### Be Prepared

- Store a two week supply of water and food. (1 gal per person per day)
- Maintain a continuous supply of prescription and non-prescription medications and medical supplies.
- Know how to care for family members.
- Volunteer with local groups to prepare for emergencies and to assist with emergency response.
- Check on persons who may not have a care taker, especially the elderly.

For more information contact:  
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 Preparedness Coordinator  
 910-253-2293