

(Cont.) Build an Emergency Kit

Household Products

- Soap, liquid detergent, and alcohol-based hand sanitizer
- Disinfecting wipes or bleach for disinfecting things many people touch. (Mix 1 gallon of water with 1/4 cup bleach.)
- A box of disposable vinyl or latex gloves to help protect you, while taking care of sick family members.
- Boxes of tissue
- Toilet paper
- Trash bags
- Disposable diapers and feminine products

Other Emergency Supplies

- Portable radio
- Batteries
- Flashlight
- Blankets



What is San Diego County Doing to Prepare for a Potential Pandemic Flu?

The County of San Diego is keeping a close watch year round on influenza. The Public Health Services (PHS) branches of Community Epidemiology, Immunization and Public Health Laboratory, along with the County of San Diego Veterinarian's Animal Laboratory, work with community partners on reporting and testing, monitoring, information sharing and response planning. For a copy of the County of San Diego Influenza Response Plan, visit www.sdpanicflu.org.



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Pandemic Flu Info Line: **1-888-633-1330**

www.sdpanicflu.org



**FLU: Pandemic/Bird
Plan. Prepare. Protect.**
County of San Diego

What should I do about Pandemic Flu?

Stay Well – Stay Well Informed

Basic Influenza Facts

What is Influenza?

Influenza, or the “flu,” is a virus that usually affects the nose, throat and lungs. The flu normally lasts between three and seven days and symptoms include fever, headache, cough, aches and sore throat. The symptoms of pandemic flu are similar to those of seasonal flu, but can be more severe.

How Does Pandemic Flu Start?

Flu viruses are constantly changing. Pandemic flu usually starts with a new flu virus (typically an animal flu virus like the bird flu) that has changed into a form that can infect people, and be easily spread person-to-person.

More people get sick because they have never been exposed to this new virus before and their bodies cannot fight it off. This allows the virus to spread widely and cause many people to become sick, creating what is called a flu pandemic.

Bird viruses do not commonly spread among people, but the virus can change so that it does spread easily from person-to-person.



What is the Difference Between Seasonal Flu, Avian Flu and Pandemic Flu?

Seasonal Flu

- Seasonal flu is a respiratory infection caused by an influenza virus easily spread from person-to-person.
- Every year over 200,000 people are hospitalized due to complications and about 36,000 Americans die from seasonal flu.
- An annual flu vaccine is the best way to protect against seasonal flu.

Avian (Bird) Flu

- Bird flu is also called avian flu and avian influenza.
- The bird flu in the news is caused by a severe form (highly pathogenic) of the H5N1 virus.
- Bird flu is a virus spread between birds, especially wild birds, chickens and other poultry.
- People who handle infected birds are at a higher risk for becoming sick.
- Antibiotics have no effect on bird flu and seasonal vaccines do not protect you from this type of flu.
- Bird flu has not yet been detected in San Diego County, but San Diego County is preparing for it.

Pandemic Flu

- Pandemic flu usually starts with a new virus (usually an animal flu virus like the bird flu) that has changed into a form that can easily infect humans.
- It causes a worldwide outbreak of serious illness that spreads from person-to-person.
- When a flu pandemic occurs, as many as one in every four people can get sick.
- No vaccine is available for pandemic flu.
- There are several steps you can take to protect yourself and your family from influenza.

How Can I Prepare and Protect Myself and my Family?

PLAN – Stay Well Informed

- Read about pandemic flu and bird flu from official sources such as the San Diego County’s web site: www.sdpandemicflu.org.
- Pay attention to news stories – local officials will work with the media to deliver important messages to the public about any local health issues.
- Arrange for child care if schools are closed or if you are sick.
- Ask your supervisor if you could telecommute or have a flexible schedule.
- Post important phone numbers: family, friends, neighbors and doctor.

PROTECT – Your Family and Our Community

- Cover your mouth and nose with your arm, sleeve or tissue when coughing or sneezing.
- Wash hands often with soap and warm water or alcohol-based hand cleanser.
- Avoid touching your eyes, nose or mouth because germs are often spread this way.
- Obtain an annual flu vaccine to protect you from seasonal flu, but it will not protect you from bird flu.
- Avoid close contact with people who are sick.
- Stay home, if you are sick with flu-like symptoms, so you don’t infect other people.
- Avoid live bird markets, farms or direct contact with birds if you will be traveling to areas affected with bird flu. For travel information, visit: <http://www.cdc.gov/travel>.

Pandemic Flu Info Line: 1-888-633-1330
www.sdpandemicflu.org

Build an Emergency Kit

PREPARE – Pandemic Flu and Other Emergency

During a pandemic, stores may be closed or out of supplies. It is important to keep extra supplies on hand. These supplies will also be useful for other types of emergencies.

Food and Water Supplies

- A 1- to 2-week supply of food and water
- A gallon of water per person, per day
- Long-lasting, ready-to-eat canned beans, fish, meats, fruits and vegetables, stews and juice.
- Packages of dry milk, soup, cereals, crackers, dried fruits and nuts and protein bars. (Refresh your supply every 4-6 months. Use up items that are about to expire.)
- Baby food or formula, if needed.
- Food for your pets
- Manual can opener

Medical Supplies

Remember to rotate or refresh medications regularly to make sure they have not expired. Do not wait until the last minute to refill your prescription drugs. Other handy medical supplies should include:

- Medical supplies to monitor glucose and blood pressure or other health conditions.
- A fever reducer and pain medicine, such as acetaminophen (Tylenol®) or ibuprofen (Motrin®).
- Cold and cough medicines and other non-prescription drugs
- Anti-diarrhea medicine
- First-Aid kit: bandages, gauze, etc.
- Thermometer
- Surgical-type masks from a drug store or hardware store

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