

What you need to know: There is no pandemic influenza in the world today, but...

.... recent reports of a new influenza virus infection transmitted from birds to humans in Asia have drawn attention to the possibility that pandemic flu could arrive in the United States soon.

Why worry about pandemic influenza?

The influenza virus, in a pandemic situation, will infect about 30% of the Kansas population within six to eight weeks. In a very severe pandemic, 2% to 3% of those infected might die.

Of those who become ill, about 50% will seek medical care. The demand for healthcare services will increase during a pandemic influenza outbreak. At the same time, the number of health care workers will decrease due to illness.

Current technology used to make influenza vaccine may not be fast enough to make a vaccine against pandemic influenza.

How Influenza Spreads

Influenza viruses spread in tiny droplets caused by coughing and sneezing. They usually spread from person to person.

Sometimes, people can become infected by touching something that was recently contaminated with the virus and then touching their mouth, nose or eyes.

Most adults may be able to infect others beginning one day before they show symptoms and up to five days after becoming sick.

Influenza Symptoms

- Fever of 101° F or more
- Headache
- Extreme tiredness
- Dry cough
- Sore throat
- Muscle aches
- Stomach symptoms, such as nausea, vomiting and diarrhea (more common in children than adults)
- A runny nose is not typical of influenza virus

What is Nemaha County doing?

Local organizations are coming together to prepare Nemaha County for a pandemic influenza outbreak. Local government officials, hospitals, healthcare providers, businesses and community leaders are working together to minimize the effect of an influenza pandemic on everyday life.

We are:

- Working with healthcare facilities to plan for a patient load much larger than normal with short staffing.
- Helping businesses prepare to keep their critical operations going.
- Coordinating with community leaders to keep the public informed and educated regarding local planning initiatives.



SENECA FAMILY
PRACTICE



NEMAHA COUNTY
EMERGENCY PREPAREDNESS

**Working
Together for a
Healthier
Nemaha
County**

**Pandemic
Influenza**

Pandemic influenza is caused by a new influenza virus that appears or "emerges" in the human population. The new virus causes serious illness because humans have no existing immunity to it. It spreads easily from person to person, causing a global outbreak of disease within a very short time. There is no influenza pandemic now, but we need to be prepared.

What should you be doing?

To prepare at home:

- Make it a habit to fill any prescriptions several days before you run out.
- Help elderly neighbors and neighbors with disabilities develop their emergency plans. People get through difficult times because neighbors help neighbors.
- In a pandemic, many people could be very sick at the same time. Worksites, schools and daycare centers may close. Think about how you will manage if everyday life is severely disrupted.
- Stay up to date on all of your immunizations, especially flu and pneumonia shots.

Stay informed.

- Follow directions from local health officials.
- Check out the pandemic flu website - www.pandemicflu.gov.
- Visit the Centers for Disease Control and Prevention website - www.cdc.gov.
- Listen to the news.
- Read newspapers.
- Ask for information from community leaders.

Preparing for a Pandemic

There are steps that individuals and families can take to prepare for a potential pandemic. Consider purchasing the following items, a few at a time, to build your home preparedness kit.

Items to Keep on Hand

- Ready-to-eat canned meats, fruits, vegetables, and soups
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter or nuts
- Dried fruit
- Crackers
- Canned juices
- Bottled water
- Canned or jarred baby food and formula
- Pet food

Additional Items to Keep on Hand

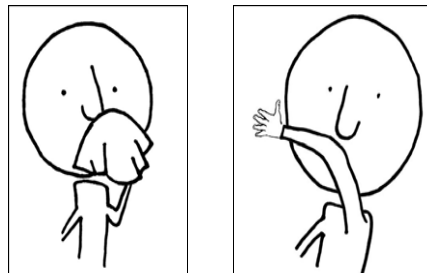
- Prescribed medical supplies such as glucose and blood-pressure monitoring equipment
- Prescriptions
- Soap and water, or alcohol-based hand wash
- Medicines for fever, such as acetaminophen or ibuprofen
- Thermometer
- Anti-diarrheal medication
- Vitamins
- Fluids with electrolytes
- Household cleaners
- Flashlight
- Batteries
- Portable radio
- Manual can opener
- Garbage bags
- Tissues, toilet paper, disposable diapers

Practice good health habits every day!

How to Avoid Getting the Flu

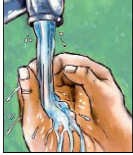



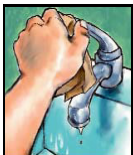
- Wash your hands often with soap and water or alcohol-based gels.
- Avoid touching your eyes, nose or mouth.
- Cover your mouth and nose when you cough or sneeze. Provide tissues and trash cans.
- Get a flu shot every year.
- Disinfect commonly touched surfaces.
- Stay home when you are sick.

Cover Your Cough and Sneeze



Courtesy of :

Hand Washing 101

1.  Wet hands
2.  Apply soap and rub hands for 20 seconds
3.  Rinse
4.  Dry with paper towel
5.  Use towel to turn off faucet

For more information go the Nemaha County Emergency Preparedness web page:

nemaha.kansasgov.com

