



# Village of Lincolnshire

## *Pandemic Influenza: Recommendations For Preparedness*

A pandemic is a global disease outbreak. A flu pandemic occurs when a new influenza virus emerges for which people have little or no immunity and for which there is no vaccine. The disease spreads easily person-to-person, causes serious illness, and can sweep across the country and around the world in very short time.

It is difficult to predict when the next influenza pandemic will occur or how severe it will be.

Wherever and whenever a pandemic starts, everyone around the world is at risk. Countries might, through measures such as border closures and travel restrictions, delay arrival of the virus, but cannot stop it.

### ***What would be the impact of a pandemic outbreak?***

The impact of a pandemic influenza would be seen at various stages:

- Travel arrivals and departures may be affected due to local, state and federal travel restrictions.
- Hospital and other community staffing may be affected due to illness.
- Healthcare staff may need additional support in order to increase surveillance and treatment of ill personnel.
- Daycare centers and schools may be closed.
- Travel to and from the area may be impacted due to travel bans and isolation issues as part of the Pandemic National Response Plan which can be seen at: ([www.pandemicflu.gov/plan/tab1.html](http://www.pandemicflu.gov/plan/tab1.html))

### ***What should citizens and businesses do to prepare for a pandemic?***

Here is a synopsis of what should be done now to prepare for a potential Pandemic:

1. Develop a pandemic influenza plan based on guidance from Health and Human Services, CDC, FEMA, and Homeland Security.
2. Take common-sense steps to limit the spread of germs by making good hygiene a habit. Emphasize proper hand hygiene and cough etiquette. This is the one tool that will do the most to save lives. The Centers for Disease Control (CDC) has two resources for information regarding cough etiquette and hand washing protocols:  
[www.cdc.gov/flu/protect/covercough.htm](http://www.cdc.gov/flu/protect/covercough.htm)  
[www.cdc.gov/flu/professionals/infectioncontrol/resphygiene.htm](http://www.cdc.gov/flu/professionals/infectioncontrol/resphygiene.htm)
3. Practice good health habits.
4. Make sure everyone receives their seasonal flu vaccine. This is extremely important because a person with a seasonal flu will be more susceptible to the pandemic flu. Also, a person sick with both flu strains may allow the virus to mix and mutate to a different strain.
5. Ensure plans are developed in case food deliveries become limited.

6. Make sure families and single parents have planned for extended childcare if they are unable to make it home due to school closing, etc.

### ***Pandemic flu planning checklist for individuals and families***

Each area resident and their families can prepare for a potential influenza pandemic now. They 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.

#### ***To plan for a pandemic:***

- Stay informed. Know the facts and quality sources of information.
- Store a 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.
- Have both prescription, 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. (Consider child care arrangements for your children if you are detained during quarantine and/or become ill.)
- 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.

#### ***To limit the spread of germs and prevent infection:***

- Teach your children to wash hands frequently with soap and water, and model the correct 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.

#### ***Items to have on hand for an extended stay at home or work:***

- Ready-to-eat canned meats, fruits, vegetables and soups.
- “Quick” foods: 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
- Prescribed medications and medical supplies such as glucose and blood-pressure monitoring equipment.
- Soap and water, or alcohol-based hand wash
- Medicines for fever, such as acetaminophen or ibuprofen
- Thermometer
- Anti-diarrhea medication
- Vitamins
- Fluids with electrolytes
- Cleansing agent/soap

- Flashlight, batteries, portable radio
- Manual Can opener
- Garbage bags
- Tissues, toilet paper, disposable diapers

***For more information visit:***

- [www.pandemicflu.gov](http://www.pandemicflu.gov)
- [www.avianflu.gov](http://www.avianflu.gov)
- [www.who.int/crs/disease/avian\\_influenza/en/index.html](http://www.who.int/crs/disease/avian_influenza/en/index.html)
- The Centers for Disease Control and Prevention (CDC) hotline, 1-800-CDC-INFO (1-800-232-4636), is available in 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](mailto:cdcinfo@cdc.gov)
- Links to state departments of public health: [www.cdc.gov/other.htm#states](http://www.cdc.gov/other.htm#states)

