

INFECTIOUS DISEASE OUTBREAK



People and trade goods travel around the world quickly in our global economy. Infectious diseases can “hitchhike” with people, goods, and animals, and can potentially spread worldwide much faster than in the past.

A widespread outbreak of an infectious disease such as a new strain of influenza or SARS (Severe Acute Respiratory Syndrome) is a **Public Health Emergency**.

A **Pandemic** disease is one that affects whole groups of people or a number of countries.

A pandemic influenza occurs when a new influenza virus develops, and all of the following conditions also exist:

- There is little or no immunity in the human population
- It is easily passed from human to human
- It is found in many countries, and
- It causes serious illness in humans

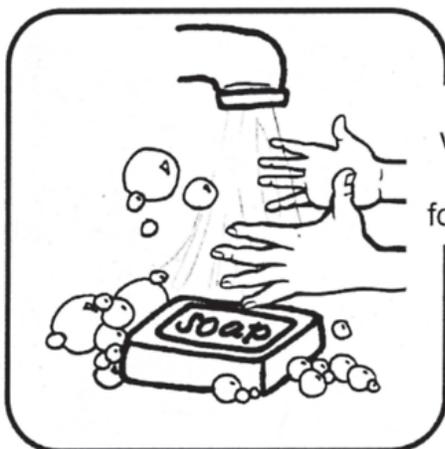
Should there be an infectious disease Public Health Emergency, always follow the most current advice of the U.S. Department of Health and Human Services and the local Public Health Department.

Protect Yourself and Reduce the Spread of Infectious Disease.

Practice Good Hygiene

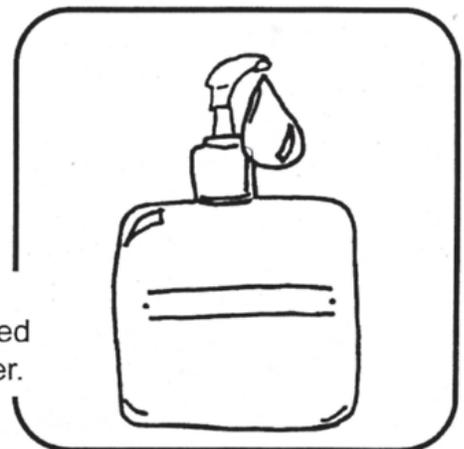
Make good hygiene a part of your daily life and teach it to your children by example. Take these common-sense steps to limit the spread of germs every day.

- Clean your hands often by washing with soap and warm water for at least 20 seconds, or by using an alcohol-based hand sanitizer.

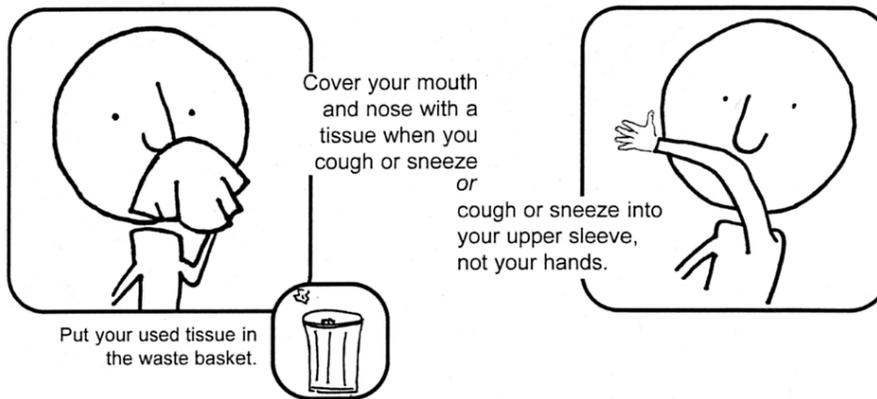


Wash hands
with soap and
warm water
for 20 seconds

or
clean with
alcohol-based
hand cleaner.



- Cover your mouth and nose with a tissue when you cough or sneeze. Put used tissues in a wastebasket and clean your hands afterward.



- If you don't have a tissue, cough or sneeze into your upper sleeve.
- Keep your hands away from your eyes, nose, and mouth to prevent germs from entering your body.

A person who is sick should:

- Stay home and avoid contact with other people. Isolate yourself from other people.
- Consider wearing a surgical mask when you are around others. This can help slow the spread of disease.

Stay Healthy

- Although living a healthy lifestyle is not a guarantee against getting sick from an infectious disease, starting out healthy gives you a better chance of withstanding the effects of an epidemic.
- Eat a balanced, nutritious diet.
- Practice good hygiene habits.
- Exercise regularly and get plenty of rest.
- Seasonal flu is an infectious disease, so get a flu shot each year to help protect yourself. A Flu shot won't protect you against pandemic influenza, but it will help protect you from the severe forms of influenza circulating that year.
- Make sure that your family's immunizations (including the "flu shot") are up-to-date.
- Get a pneumonia shot to prevent secondary infection if you are 65 years old or older or have a chronic illness such as diabetes or asthma. For specific guidelines, talk to your health care provider or call the Centers for Disease Control and Prevention (CDC) Hotline at 1-800-232-4636.

Infectious Disease Outbreak Scenario

To reduce the spread of disease, public health officials may request that people isolate themselves from others. They may also quarantine people, requiring that they stay at home for an extended period of time.

Definitions:

- **Isolation** is the restriction of movement of persons having or suspected of having a communicable disease in order to minimize contact with susceptible persons.
- **Quarantine** is the restriction of movement of persons known or suspected to have been in contact with contagious persons and may, therefore, become contagious in the future.

The National Association of County and City Health Officials and CDC

If isolation or quarantine is necessary, there will be widespread disruption that will potentially affect services, transportation, supplies, businesses, schools, and individuals.

- Public facilities such as hospitals and other health care facilities, banks, stores, restaurants, government offices and post offices may be shut down.
- Public gatherings of all kinds may be canceled.
- Services for people with special needs may not be available.
- Going to work may be difficult or impossible.
- Income may be reduced or lost if you are unable to work, or your place of employment is closed. Find out what public health emergency plan your business or employer has in place. What is their payroll policy in case of work disruption?
- Schools may be closed for an extended period of time. What plan does your school have in case of a public health emergency? Do you have teaching/learning materials at home in case the schools are closed?
- Public transportation may be limited or nonexistent during a pandemic.

How You Can Prepare for a Pandemic

- Store at least a two-week supply of water and food.** (Some experts suggest a one-month supply.) During a pandemic, store shelves may be empty so keep extra supplies at home.
- Check your regular prescription medications** to ensure that you have an adequate supply in your home. Keep copies of your prescriptions.
- Keep a supply of nonprescription drugs and other health supplies** 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 and what will be needed to care for them at home.
- Fill in the **Family Emergency Health Information Card** (last page) and keep it with your emergency supplies. At a mass vaccination clinic, you may need to provide information about your medical history. Update your family health records regularly.

Sample Family Emergency Health Information Card

Family Emergency Health Information Card

Fill in the information for all family members and keep with your *emergency supplies*.

Family Member	Blood Type	Allergies	Past/Current Medical Conditions	Current Medications and Dosages*

*Current Medications/Dosages:

- How much should be taken?
- How many times per day?
- What time of day should it be taken?
- Should medication be taken with or without food?

- Find out about **Family Leave Policies** from your employer in case you need to stay at home to care for a family member or in case you become sick.

When a Household Member is Sick with a Respiratory Infectious Disease

Many respiratory viruses are spread when contaminated droplets exit the mouth and nose of an infected person and the virus comes in contact with others.

Tips to protect yourself and other people in your home:

- Wash your hands often, particularly after contact with respiratory secretions.
- Do not cough or sneeze in someone's face. Use a tissue or your sleeve.
- Keep everyone's personal items separate. Avoid sharing computers, pens, papers, clothes, towels, sheets, blankets, food, or eating utensils.
- Disinfect doorknobs, switches, refrigerator handles, toys, toilet seats, and other surfaces that are commonly touched around the home.
- It is okay to wash everyone's dishes and clothes together. Use detergent and very hot water. Wash your hands after handling dirty laundry.
- Wear disposable gloves when in contact with or cleaning up body fluids.
- One person should be the caregiver. He or she may benefit by wearing a properly fitting N-95 mask when giving care.
- Caregivers should wash their hands thoroughly before and after giving care. Dry your hands thoroughly with a paper towel and use it to turn off the faucet. Shared towels spread germs.
- Ventilate the rooms/house.

Disinfectant

1 gallon water

¼ cup unscented bleach

Mix a fresh batch every time you use it.

or:

Other EPA approved disinfectant. Some experts recommend using a viracide such as Lysol for viruses.

Always follow the most current advice of the U.S. Department of Health and Human Services and the local Public Health Department.

Dehydration

People who are ill often become dehydrated. Prepare these solutions for adults and children when you need them. Infants and toddlers should be given commercial solutions, i.e. Pedialyte or equivalent.

Basic Electrolyte Solution for people over age 12

- 4 cups clean water
- ½ tsp baking soda (sodium bicarbonate)
- ½ tsp salt
- ¼ cup sugar
- ¼ tsp salt substitute (potassium chloride)

Mix until ingredients are dissolved.

Optional: Flavor with 6 Tablespoons lemon/lime juice or ½ package Kool-aid® unsweetened soft drink mix.

Basic Oral Re-hydration Solution

for children under age 12.

- 4 cups clean water
- 1 tsp salt
- 8 tsp sugar

Mix well to dissolve.

Check with your doctor if you have sugar or salt restrictions.

Stay Informed

If a pandemic occurs, having accurate and reliable information will be critical.

Follow current guidelines from Public Health officials.

For more information on pandemics:

www.pandemicflu.gov

The Centers for Disease Control and Prevention (CDC) Hotline: 1-800-CDC-INFO (1-800-232-4636). This line 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.

Listen to local and national radio, watch news reports on television, and read your newspaper and other sources of printed and Web-based information.

Talk to your local health care providers and public health officials.

World Health Organization website: <http://www.wpro.who.int/home.htm>

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