



St. Charles County Department of Community Health and the Environment

Pandemic Influenza What You Need to Know

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PHONE 636-949-7400
WWW.SCCHEALTH.ORG

Helpful Phone Numbers

Division of Public Health
636-949-7400

Health Education
636-949-7401

Vital Records
636-949-7558

STD
Prevention/Treatment
636-949-7401

Environmental Health
636-949-7404

WIC
(Women Infants Children)
636-949-7402

Division of Emergency
Management
636-949-3023

Division of Environmental
Services
Recycling Services
636-949-7415

Division of Humane
Services
636-949-7387 (PETS)

Animal Control
636-949-7347



CDC/Betty G. Partin

What is a pandemic?

A pandemic is a global disease outbreak. An influenza pandemic occurs when, a new influenza A virus emerges for which there is little or no immunity in the human population, begins to cause serious illness and then spreads easily person-to-person worldwide.

It is difficult to predict when the next influenza pandemic will occur or how severe it will be. Health professionals are concerned that the continued and expanded spread of a highly pathogenic- and now endemic-avian H5N1 virus across eastern Asia and other countries represents a significant threat. The federal government, states, communities and industry are taking steps to prepare for and respond to an influenza pandemic.

A pandemic is likely to be a prolonged and widespread outbreak that could require temporary changes in many areas of society, such as schools, work, transportation and other public services.

To limit the spread of germs and prevent infection teach your children:

- to wash hands frequently with soap and warm water for at least 20 seconds, and model the correct behavior.
- to cover coughs and sneezes with tissues, and be sure to model that behavior.
- to stay away from others as much as possible if they are sick. Stay home from work and school if sick.



Things to do NOW!

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.

Ask your doctor and insurance company if you can get an extra supply of your regular prescription drugs.

Have any 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.

Volunteer with local groups to prepare and assist with emergency response.

Check out the Federal Government Pandemic Influenza website at

www.pandemicflu.gov

You can prepare for an influenza pandemic now!

You 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 or other emergency or disaster.

Items to have on hand for an extended stay at home:

(Examples of food and non-perishables)

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



Examples of medical, health, and emergency supplies:

Prescribed 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-diarrheal 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:

Family Emergency Health Information Sheet

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

Emergency Contacts Form

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

For additional information on pandemic influenza and emergency preparedness please contact Julie Burkemper at 636-949-7408 or burkej1@lpha.dhss.mo.gov