



GREENWICH DEPARTMENT OF HEALTH
101 Field Point Road
Greenwich, Connecticut 06830

TOWN OF GREENWICH DEPARTMENT OF HEALTH



A Resource Guide to Prepare for Pandemic Influenza "Flu"

While natural or man-made disasters and terrorist attacks cannot be controlled, we can take measures to prepare ourselves for emergencies.

The transmission of the avian influenza A virus H5N1 to humans from domestic poultry in Asian countries has awakened us to the fact that emerging infectious diseases are a serious public health threat of the 21st century. As the lead public health agency in Greenwich, the Department of Health is coordinating planning activities with state and federal health agencies to prepare for any possible influenza pandemic.

In an effort to assist with the challenges that an influenza pandemic might bring, this guide lists some helpful steps that you and your family can follow. Although the information contained in this guide is specific for an influenza outbreak, much of what is outlined can be applied to other disasters.

After reading this brochure, we hope that you will create a family pandemic flu plan. By making preparations in advance, you will feel more confident in your decisions. Make it a priority to gather the items your family will need for a **Flu Care Kit** and keep this guide in an accessible location so you can refer to it when needed.

While government does its part in preparing for public health emergencies, individual action and responsibility is needed. By working together, potential health threats can be identified and a coordinated community response can be achieved.

OUR FAMILY'S IMPORTANT PHONE NUMBERS

Greenwich Hospital (203) 863-3000

Other Medical Facilities

Family Members (Home, work, school).....

.....

.....

Pharmacies

Physicians

Veterinarians

Emergency Contact

Greenwich Department of Health (203) 622-6488

Neighbors and Friends

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Grocery Store(s).....

Utilities (Gas, water, electric, cable).....

Emergency..... 9-1-1.....

Note: Information for this pamphlet was obtained from various sources REV. 12/15

EMERGENCY SERVICES

Emergency (Fire, Police, GEMS) 9-1-1

Greenwich Emergency Information Line 1-866-245-4260
(Activated during an emergency only)

In Connecticut the Emergency Alert System (EAS) is in place. If the System is activated, scheduled TV and radio will be interrupted and an emergency message will be broadcasted. It is important to listen to these instructions and stay tuned.

PHONE NUMBERS

Centers for Disease Control and Prevention Hotline 1-800-232-4636
Centers for Disease Control and Prevention Hotline TTY 1-888-232-6348
Greenwich Hospital 203-863-3000
American Red Cross/Metro New York North area 203-869-8444
Connecticut Poison Control 1-800-222-1222

EMERGENCY INFORMATION

CT AM Radio

WGCH – 1490 (Greenwich) www.wgch.com
WSTC – 1400 (Stamford) www.wshu.org
WNLK – 1350 (Norwalk) www.wshu.org

Television

Cablevision channel 12 or 79 www.news12.com/CT
WFSB channel 3 www.wfsb.com
WTNH channel 8 www.wtnh.com
WVIT channel 30 www.nbcconnecticut.com
(channel 6 on Cablevision)

WHAT IS INFLUENZA?

Influenza, or flu, is an acute respiratory viral illness caused by the influenza A & B viruses. Influenza is highly contagious and causes epidemics of disease almost every year. Annual vaccination is still the best method of prevention. Because influenza viruses mutate rapidly, a new vaccine is manufactured yearly to provide protection against new virus strains.

WHAT IS AN INFLUENZA PANDEMIC?

A pandemic is a global disease epidemic. An influenza pandemic occurs when a new or “novel” flu A virus emerges to which most people are not immune. When a widespread vulnerable population exists, the virus can begin to cause serious illness and spread easily from person-to-person worldwide. Animals are the most likely reservoir for these emerging infections, with avian viruses (bird flu) being the cause of the last three influenza pandemics.

An influenza pandemic is a rare, but recurrent event. In the last 300 years, the world has experienced 10 pandemics – the last 3 making a mark in the 20th century. The 1918 Spanish influenza pandemic was the flu by which all modern pandemics are measured. This pandemic killed over 40 million people worldwide and 500 thousand in the U.S. alone. Considered exceptional, it was the deadliest disease event in human history. The 1957/1958 Asian influenza pandemic took the lives of an estimated 2 million people worldwide, with about 70,000 in the U.S. During the 1968/69 Hong Kong influenza outbreak, 700,000 people worldwide died, of which approximately 34,000 were in the United States.

Characterized by the abrupt onset of respiratory signs and symptoms, influenza viruses are spread primarily from person-to-person through coughing and sneezing of infected people. While adults are typically infectious one day prior to symptoms through approximately 5 days after illness onset, children can be infectious for more than 10 days. The following chart outlines the differences between a seasonal (winter) flu and a pandemic flu.

SEASONAL FLU	PANDEMIC FLU
Outbreaks follow predictable seasonal patterns, usually in winter, in temperate climates; occur annually	Outbreaks occur rarely and can spread globally in a short time frame
Caused by flu viruses to which people have already been exposed	Caused by a new or “novel” flu virus to which people have never been exposed

Travel Return:

Upon returning from your trip, it will be important to monitor signs and symptoms of illness for 10 days. **Do Not Go To Your Doctor's Office**, but do contact your health care provider **By Phone** immediately if any of the following symptoms occur. Be sure to inform them about where you traveled. Use the chart provided to monitor these symptoms as well as others that may occur.

Symptoms

- Sore throat
- Cough
- 100.4°F fever and above
- Dyspnea (difficult breathing)

Health Symptom Monitoring Chart

Use this chart to monitor your symptoms for 10 days after traveling if you or your family have visited a country where: the avian influenza A virus H5N1 is present in poultry and/or birds, if you have had contact with a person who is known or suspected of having a human case of the avian influenza A virus H5N1 or have had contact with poultry or poultry products infected with the virus.

If you become ill at work or school during these 10 days, go home and contact your physician by **phone** immediately. Use a chart for each person affected.

Name:		Age:						
Day	Date	Fever (Record Temp)	Diarrhea/ Vomiting/ Nausea	Runny/Stuffy Nose Headache	Dry Cough/ Dyspnea	Extreme Fatigue	Muscle Pain or Aches	Sore Throat
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								

Fill in the date and place an "X" in any box for which you have a symptom. Circle those that apply, if necessary.

- Adaptive feeding devices and first aid supplies
- Special need items (medical alert tags/bracelets, etc.)
- Medical facilities (hospitals, special treatment centers, etc.)
- General household supplies
- Pet supplies

Protecting Your Home Environment:

Because the flu virus remains infectious up to 48 hours on non-porous surfaces; 8 hours on a porous surfaces such as clothing or furniture and about 5 minutes on your hands, controlling the spread of the influenza virus is most important. The following measures and list of supplies will assist you with this task.

Available Household Supplies:

- Liquid hand soap
- Alcohol- based hand sanitizer
- Paper towels, tissues
- Small and large garbage bags with ties
- Household bleach (Clorox)
- Spray bottle (for bleach/water solution)
- Commercial disinfectant
- Disposable sponges and wipes
- Mop and pail
- Disposable gloves

Sanitize Your Home:

- Use disposable gloves when possible and change frequently
- Use bleach/water (1:9) solution or commercial disinfectant
- Clean contaminated surfaces daily
- Soak toys in a bleach/ water (1:9) solution for 2 minutes (change water often)
- Sanitize mop heads and dry before storage
- Dust with a damp rather than dry cloth
- Open windows for ventilation when possible

Sanitize Surfaces:

- Sinks, counters, toilets, doorknobs etc. can be cleaned with a commercial disinfectant or bleach/water (1:9) solution
- Other surfaces, such as computer keyboards, telephones, fax machines, copiers, etc., can be wiped with 70% isopropyl alcohol or 60% ethyl alcohol if other disinfectants are not available
- Utensils and cooking equipment should be cleaned in a dishwasher with a hot water rinse or in a bleach/water (1:9) solution. Disposable utensils should be considered if available and practical

Sanitize Laundry:

- Special washing or dry cleaning is not necessary
- Use normal washing machine **hot water** wash cycle with commercial laundry detergent
- Use a dryer or hang clothes to dry

WHAT CAN I DO IF SOMEONE IN MY FAMILY BECOMES ILL?

If you are at high risk from complications of the flu, consult (call) your health care provider if flu-like symptoms develop. While we are unaware of how any new virus will affect us, we do know that seasonal influenza is more severe in certain populations.

During an influenza pandemic, you will most likely need to care for yourself and your family at home since the health care system may be overwhelmed. Knowing what to do during this time will help in recovering from illness.



- Stay home. Do not go to work, school, etc.
- Avoid contact with others for at least 7 days after onset of symptoms (those who are ill may share a room)
- Get plenty of rest and eat healthy
- Conduct quiet activities for children while at home

Before Traveling:

- Visit CDC's Travelers' Health website at www.cdc.gov/travel for up-to-date health recommendations
- Make sure all routine vaccinations are up-to-date
- Contact your physician 4-6 weeks before traveling for information on any required or recommended vaccinations
- Put together a travel health kit:
 - ~ Basic first aid and medical supplies
 - ~ Thermometer, surgical masks and disposable gloves
 - ~ Alcohol-based hand sanitizer
- List health-care resources at your destination
- Review your health insurance plan for medical coverage and purchase more if needed

When Traveling:

- Avoid close contact with persons confirmed or suspected of having the avian influenza A viruses H5N1 or H7N9
- Avoid direct contact with dead or alive poultry, birds or other animals in areas infected with the H5N1 or H7N9 viruses
- Avoid places where infected animals are raised or kept. It is also advisable to avoid areas where equipment, materials or consumables (eggs) are stored, used or cleaned
- Avoid facilities or businesses that may work with animals infected with the H5N1 or H7N9 viruses
- Avoid touching contaminated surfaces where poultry, birds or other animals that may be infected with the H5N1 or H7N9 viruses have been slaughtered, prepared or processed for consumption
- Eat only thoroughly cooked poultry, eggs or egg products
- Avoid foods that may contain raw eggs (e.g., ice cream, hollandaise sauce, mayonnaise, etc.)



If you become ill during your trip, seek immediate medical attention. Contact a U. S. Consulate if you need assistance.

- ✓ Toilet tissue; disposable wipes; facial tissues
- ✓ Skin protection: diaper cream or ointment, vaseline, antibiotic ointment
- ✓ Infant formula, ready to eat foods and supplies; water if using concentrate or powder; measuring spoon/cup; medicine dropper; manual can opener; bottles, nipples; brush. Nursing mothers should have formula available in case they are not able to nurse

WHAT CAN YOU DO TO STAY HEALTHY?

Taking steps to stay and remain healthy will be essential if a pandemic influenza outbreak affects our area. To maintain your health, consider the following:

General:

- Maintain a schedule for health physicals, screenings and immunizations
- Get a flu shot annually (not recommended for those who are allergic to eggs. Consult with your health care provider if you are pregnant or have medical conditions that should be considered)
- Get a pneumonia vaccination if eligible
- Practice good hygiene:
 - ~ Wash your hands after sneezing, coughing, toileting and handling food
 - ~ Use alcohol-based hand sanitizers if soap and water are not available
 - ~ Cough or sneeze into a tissue or use your upper sleeve if necessary
 - ~ Discard used tissues in a wastebasket
- Eat healthy, exercise, rest and drink plenty of fluids

TRAVEL RECOMMENDATIONS

The Centers for Disease Control and Prevention (CDC) has not recommended that the general public avoid travel to any of the countries affected by the avian influenza A virus H5N1. Persons visiting areas with reports of virus outbreaks in domestic poultry, confirmed human cases or suspected cases, should observe the following measures to reduce their risk of infection.

- Drink plenty of fluids to maintain hydration – fluids can be lost due to fever, vomiting and/or diarrhea
- Cover your mouth and nose with a tissue when coughing or sneezing
- Wash your hands regularly (30 seconds) with soap and water
- Consult (call) your health care provider about family members who are at high risk for complications (65+ years, those with chronic medical conditions, pregnant women and children under 5 years of age - especially those under 2 years)

Fever Control:

- Monitor body temperature with a thermometer. Disinfect thermometer with alcohol after use if disposable sheaths are not available
- Take fever control medication such as acetaminophen or ibuprofen as prescribed. For children under 2 years, check with pediatrician for dosing. **DO NOT** give aspirin or aspirin products to children or teenagers
- Maintain hydration with fluids and electrolytes
- Take a lukewarm sponge bath; apply cool cloths to forehead – cool baths/alcohol rubs **are not** recommended
- Remove heavy clothing and blankets to release heat from the body
- Maintain room temperature at 68°F
- Elevate head of the bed to provide for easier breathing; infants may be more comfortable in a car seat

Headache, Muscle Pain And Body Ache:

- Take acetaminophen or ibuprofen. Check with your health care provider about other over-the-counter pain relief medications
- Apply warm or cold packs to affected area(s)
- Get plenty of rest and avoid strenuous activities
- Conduct quiet activities for children while at home
- Drink plenty of fluids to maintain hydration – fluids can be lost due to fever, vomiting and/or diarrhea

Vomiting and Diarrhea (seen mainly in children):

- Maintain hydration - drink small frequent amounts of clear liquids as tolerated

- Watch for signs of dehydration (decreased urination, no tears, dry mouth, extreme thirst, high fever, weight loss, sunken eyes, listlessness)
- Once vomiting has ceased, offer small amounts of clear liquids and eat bland foods
- Check with your doctor about anti-diarrhea medications to have in stock and when to use them
- Consult your health care provider **By Phone** with questions, especially if symptoms do not improve in 3–4 days. Wearing a surgical mask to prevent virus transmission with close contacts can be beneficial. Remember do not go to the Emergency Room or call 9-1-1 unless it is a true medical emergency.

WHEN TO SEEK MEDICAL CARE FOR YOU OR YOUR CHILD (call your health care provider for the following):

- Difficulty breathing related to extreme nasal congestion
- You or a family member are considered high risk for complications
- Fever for 3-4 days without improvement or improvement, then sudden high fever and return of symptoms
- Less than 6 months old and temperature is over 102°F
- Constant irritability; unable to calm child for sustained period
- Listless – child not interested in playing
- Dehydrated – not drinking, not urinating at least every 6 waking hours
- More than 4 hours of vomiting (infants to adolescents)
- Severe diarrhea or bloody stool
- Other signs symptoms that may concern you

WHEN TO SEEK URGENT MEDICAL ATTENTION (CALL 9-1-1 OR GO TO THE EMERGENCY ROOM)



- Severe trouble breathing, painful breathing or stopped breathing
- Blue lips, hands or cold legs
- Fever with rash
- Limp or unable to move

- Difficult to wake, unusually quiet or unresponsive
- Seems confused
- Severe or persistent vomiting
- Febrile seizure (convulsion)
- Coughing up bloody sputum
- No wet diapers in over 12 hours
- Pain or pressure in the chest or abdomen
- Headache and/or stiff neck, especially if combined with fever and listlessness with eyes sensitive to light

BUILD YOUR OWN FLU CARE KIT

Keep supplies on hand to care for yourself or family members who get the flu.



- ✓ Digital thermometer and disposable sheaths
- ✓ Alcohol wipes or alcohol, cotton balls
- ✓ Pain and fever reducer for adults and children (consult MD for dosing under 2 years); may need to be in suppository form for young children
- ✓ Prescription drugs – check expiration dates and maintain adequate supply for chronic illness (e.g.: diabetes, asthma)
- ✓ Cough and cold medications – consult MD for children
- ✓ Vitamins and stomach remedies
- ✓ Fluids with electrolytes (e.g., Pediacare, Pedialyte, Infalyte)
- ✓ Throat lozenges (adults and older children)
- ✓ Nasal saline spray and nasal aspirators for each child; do not share
- ✓ Facial masks (surgical) and disposable gloves
- ✓ Liquid hand soap and alcohol-based hand sanitizer
- ✓ Special need items and first aid kit