

UL Lafayette GENERAL PANDEMIC GUIDE

Seasonal (common) Flu

- **Caused by:** Human influenza virus
- **Transmitted:** From person to person
- **Immunity:**
 - Most people have some immunity
 - Vaccine is available

Pandemic flu would describe a new human virus that:

- Is easily spread throughout the world
- Would have little or no natural immunity
- Would not have a vaccine available

STAY INFORMED:

- News
- Website: www.safety.louisiana.edu for current pandemic links and more information
- Hotline: 1-337-482-2222

STAY HEALTHY:

Take common-sense steps to limit the spread of germs. Make good hygiene a habit:

- Stay at home if you are sick.
- Wash hands frequently with soap and water or an alcohol-based hand cleaner.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Put used tissues in a waste basket.
- Cough or sneeze into your upper sleeve if you don't have a tissue.
- Get an annual flu shot to help protect you from seasonal flu. No, it won't protect you against pandemic influenza. But flu shots can help you to stay healthy.
- Get a pneumonia shot to prevent secondary infection if you are over the age of 65 or have a chronic illness such as diabetes or asthma.

It is always a good idea to practice good health habits.

- Eat a balanced diet. Be sure to eat a variety of foods, including plenty of vegetables, fruits, and whole grain products. Also include low-fat dairy products, lean meats, poultry, fish, and beans. Drink lots of water and go easy on salt, sugar, alcohol, and saturated fat.
- Exercise on a regular basis and get plenty of rest.

BE PREPARED:

- You should begin preparations 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.
- The following checklists will help you gather the information and resources you may need in case of a flu pandemic.

To plan for a pandemic:

- Store a two week 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.
- Periodically check your regular prescription drugs to ensure a continuous supply in your home.
- 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.
- Get involved in your community as it works to prepare for an influenza pandemic.

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

- To wash hands frequently with soap and water.
- To cover coughs and sneezes with tissues or upper sleeve.
- To stay away from others as much as possible if they are sick.
- Stay home from work and school if you are sick.

Items to have on hand for an extended stay at home:**Food and non perishables:**

- Ready-to-eat canned meats, fish, fruits, vegetables, beans, and soups
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter or nuts
- Dried fruit
- Crackers
- Canned juices
- Bottled water – one gallon/person/day; 2 quarts for drinking and 2 quarts for food preparation and sanitation.
- Canned or jarred baby food and formula
- Pet food

Medical, health and emergency supplies:

- Prescribed medications and medical supplies such as glucose and blood-pressure monitoring equipment
- Soap and water, or alcohol-based (60-95%) 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