



CHEROKEE COUNTY HEALTH DEPARTMENT

www.cchdtexas.org

Pandemic Influenza Preparedness

KEY DIFFERENCES BETWEEN SEASONAL & PANDEMIC FLU

Seasonal	Pandemic
Occurs every year during winter	Occurs 3-4 times a century, in any season
Affects 5-20% of the population	Infection rate of 25-50% of world's population is predicted
Usually some immunity built up from previous exposure. Kills 36,000-40,000 in U.S and 0.5 - 1 million people globally every year	No previous exposure; little or no pre-existing immunity. Predicted to kill 2 million in the U.S. and 2 - 7 million people globally
Most people recover within 1-2 weeks	A higher severity of illness leads to a much higher death rate
Death usually occurs in at risk groups such as: elderly, very young, and those with existing medical conditions	Everyone will be at risk, not just the young and elderly
Yearly vaccine is available before flu season begins. We strongly encourage yearly flu vaccine and pneumonia vaccine every 5 years	Vaccine for pandemic flu will not be available for everyone
Symptoms: fever, cough, runny nose, muscle pain. Death is often caused by complications, such as pneumonia.	Symptoms may be more severe with complications and unusual symptoms more frequent.
Generally no stomach symptoms or dehydration	Stomach symptoms include diarrhea, nausea, vomiting which can lead to dehydration
Generally causes modest impact on society: occasional school closing, sick people encouraged to stay home	May cause major impact on society: wide spread restrictions with travel; closing of schools, churches and businesses; cancellation of large public gatherings; possible loss of electric, water, phone and other utility services

Practice Good Health Habits

- Hand washing is the most important means of preventing infection.

Handwashing Instructions:

Step 1: Get hands wet.

Step 2: Use plenty of soap, rub hands together for 20 seconds or the time it takes to sing the "Happy Birthday" song twice.

Step 3: Rinse hands thoroughly.

Step 4: Dry hand with clean towel or paper towel.

Step 5: Turn off faucet with towel.



- Cough/sneeze into a tissue and throw tissue in trash immediately.
- If tissue not available, cough/sneeze into your sleeve, not hand.
- Prevent infection by not touching your eyes, nose, or mouth.
- Avoid close contact with sick people.
- Do not eat or drink after sick people.
- Stay home when you are sick or have flu symptoms.
- To prevent spread of flu, implement social distancing: no hugging or shaking hands, limit physical contact with others.

HELPFUL WEBSITES

www.cchdtexas.org
www.pandemicflu.gov
www.ready.gov
www.dshs.state.tx.us/preparedness
www.fluwikie.com

It's not if a pandemic will happen, it's when!

If a pandemic occurs, tune in to the following stations for information:

Radio: KTLU-KWRW 97.7FM

KBJS 90.3 FM

KLJT 102.3 FM

KEBE 1400 AM

TV: KTLU Channel 9

KLTV Channel 7