



CHEROKEE COUNTY HEALTH DEPARTMENT

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A pandemic is a global outbreak of an infectious disease

Pandemic Flu Preparedness

- Develop a family preparedness plan
- **Store a 1-3 month supply of non-perishable food and water for each family member**
- Stockpile emergency and medical supplies
- Have non-prescription drugs on hand: pain relievers, stomach remedies, cough/throat/cold medicines, fluids with electrolytes
- Ensure a continuous supply of prescription medications
- Teach children about prevention methods
- If hospitals are filled to capacity, family will have to take care of sick loved ones at home. Develop a plan for how your family will manage this.

How is Flu Spread?

1. When a person coughs or sneezes, droplets go into the air and can infect others at short distance.
2. Kissing, shaking hands, or direct bodily contact
3. Viruses can last approximately 48 hours on an object. If you touch something with the virus on it and then touch your eyes, noses, or mouth, you can become infected.



Purifying Water

It is possible that potable (safe drinking) water may be in short supply or unavailable, so that you need to purify water that is available. You can purify water for drinking, cooking, or medical use with the following methods:

- Heat it to a rolling boil for 1 minute
- Use water purification tablets
- Add 8 drops of unscented liquid bleach per gallon of water (16 drops if the water is cloudy)
- Let the bleach/water solution stand for 30 minutes. Note that if the solution does not smell or taste of bleach, add another 6 drops of bleach and let the solution stand for 15 minutes before using.

Social distancing should be implemented as soon as evidence of an influenza outbreak occur.

Quarantine and isolation orders may be ordered and should be taken seriously and obeyed.

Home Care of a Flu Patient

During an epidemic, hospitals and clinics will be filled to capacity. Many flu patients will have to be cared for at home by family, friends, or neighbors.

How to Treat Specific Influenza Symptoms in Adults

Muscle pain and fever: Use acetaminophen and ibuprofen as directed on label.

Cough: Try a medication with Dextromethorphan, follow direction on label.

Stuffy nose: Use a decongestant as directed on label.

Sore throat: Use lozenges or throat sprays. Products containing honey and some herbs may soothe the throat. Warm salt water gargle can be used for soothing a sore throat.

How to Treat Specific Influenza Symptoms in Children

Treat influenza symptoms in children with over-the-counter medications only if necessary.

Muscle pain and fever: Use acetaminophen and ibuprofen as directed on label. (Do not give ibuprofen to a baby less than 4 months old)

Cough: Use a cough suppressant (DM) for a dry cough in children over 2 years of age. Do not use DM for a moist cough or for children with asthma.

Stuffy nose: Use saline nose drops. You may use decongestant sprays as directed on label for children older than 6 months, and oral decongestants as directed on label for older children.

Sore throat: Throat lozenges or warm salt water gargle may help children older than 6 years. Use throat sprays according to label directions for children over 2 years of age.

Other measures to reduce symptoms:

- Steam bath using a pot of hot water and a few drops of eucalyptus oil to help clear congestion.
- Use of a humidifier.

The importance of hydration

People with pandemic flu are at high risk of becoming dehydrated, so maintaining adequate intake of liquids is a critically important function for caregivers.

A large person needs 3 liters a day, a small child needs 1 liter a day. Keep giving fluids often in small sips, even if the person vomits. Do not stop giving fluids until the person is able to keep down a quart of fluids. This requires caregivers to push fluids and be persistent with maintaining hydration.

Signs and symptoms of dehydration:

Weakness, headache, dry mouth, dry skin, thirst, decreased alertness and change in consciousness, decreased urine output, dark colored urine