

Individual and Family Preparedness Pandemic Flu Plan



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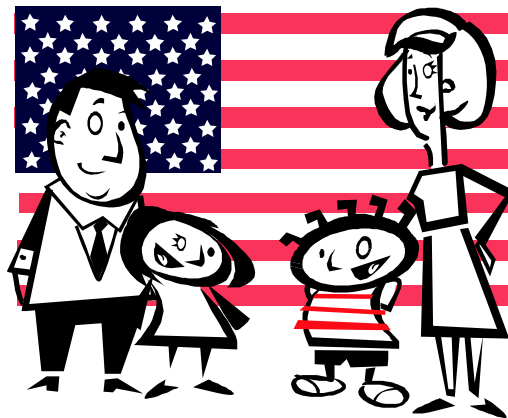
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Individual and Family Preparedness Pandemic Flu

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WHAT YOU NEED TO KNOW ABOUT PANFLU

DEFINITIONS

Seasonal flu – refers to several common strains of flu virus that go around each year, mainly in the fall and winter. A yearly shot (vaccine) may help prevent it.

Bird (avian) flu – refers to flu strains that mainly infect poultry and some wild birds. If bird flu were to evolve in a way that let it spread to people – and then spread easily between people – a flu pandemic could begin.

Pandemic flu – is when a new flu strain starts spreading easily and quickly around the world. Because there is little natural immunity, the disease can spread easily from person to person.

SEASONAL FLU

PANDEMIC FLU

SEASONAL FLU

- ❑ 1 Usually follows a predictable pattern, typically every year in the winter. There is usually some protection built up in a person from having the flu before.
- ❑ 1 Healthy adults are not usually at risk for any serious complications.
- ❑ 2 The medical community can usually meet public and patient needs.
- ❑ 3 Vaccines are developed before the flu season, based on known virus strains.
- ❑ 4 Supplies of antiviral drugs are usually available.
- ❑ 5 Regular flu symptoms: fever, cough, runny nose, and muscle pain.
- ❑ 6 A small impact on the community with sick people staying home from work and school.
- ❑ 7 Small impact on US and world economy.
- ❑ 8 Average number of deaths in the US is about 36,000 a year.

PANDEMIC FLU

- ❑ 2 Doesn't happen often—only three times in the 20th century. The last time was 1968. Since this new pandemic flu hasn't been seen before, there is no or little immunity.
- ❑ 3 Healthy people may be at risk for serious complications.
- ❑ 4 The medical community will be overwhelmed.
- ❑ 5 Vaccine developed early may not be effective. Once an effective vaccine is developed, it may not be available for several months.
- ❑ 6 May not have any effective antiviral drugs or the supply may be limited.
- ❑ 7 Symptoms would be more serious and there would be more medical complications.
- ❑ 8 Big impact on the community. There could be travel restrictions, school closings, limited business hours or closings, and cancellation of public gatherings.
- ❑ 9 Could have a big impact on US and world economy.

PANDEMIC INFLUENZA

Pandemic influenza is a unique public health emergency. No one knows when the next influenza pandemic will occur. However, when it does occur it will be with little warning. Since the novel virus may be identified in any region of the world, experts believe that we will have between one to six months from the identification of a novel influenza virus to the time that widespread outbreaks begin to occur in the United States. Outbreaks are expected to occur simultaneously throughout much of the nation, preventing reallocation of human and material resources.

An influenza pandemic will occur in multiple waves. The effect of the initial wave on individual communities will be relatively prolonged (as long as six to eight weeks) when compared to the minutes-to-hours observed in most natural disasters. Due to the prolonged nature of a pandemic influenza event, the World Health Organization (WHO) and the CDC have defined phases of a pandemic in order to facilitate coordinated plans. Phase determination in the United States will be the responsibility of the WHO and the CDC.

WHAT IS AVIAN INFLUENZA?

Bird flu is an infection caused by avian (bird) influenza (flu) viruses. Occurring naturally among birds, these viruses are often carried by wild birds in their intestines, causing few if any symptoms. However, they can cause some domestic birds, including chickens, ducks, and turkeys, to be very ill and even die. Although bird flu viruses do not usually infect humans, occasionally some strains can.

Infected birds shed influenza virus in their saliva, nasal secretions, and feces. Domesticated birds may become infected with avian influenza virus through direct contact with infected waterfowl or other infected poultry, or through contact with surfaces (such as dirt or cages) or materials (such as water or feed) that have been contaminated with the virus.

DURING A PANDEMIC OF INFLUENZA

Infection can be passed before a sick person has signs or symptoms. Flu symptoms may not show up for a day or so. So, a person could have the flu and not know it. But he or she could still pass the flu virus to others.

No one can predict how a pandemic will effect us, but will most likely last longer than other public health emergencies (months vs. days) a number of health care workers and first responders available to work will be reduced because of illness or needing to care for family members and basic resources could be limited.



KNOW THE SYMPTOMS

Symptoms of Avian (Bird) Flu in humans include the following. Anyone with avian flu symptoms should see a health care professional immediately. It is better to be proactive because early treatment and awareness of an avian flu infection can help your treatment. Conjunctivitis, Cough, Fever, Muscle Aches, Sore Throat, and (Severe cases) Breathing problem and Pneumonia.

Influenza viruses are unique in their ability to cause sudden illness among humans in all age groups on a global scale. The importance of influenza viruses as biologic threats is due to a number of factors including the high degree of transmissibility, the presence of a vast reservoir of novel variants (primarily aquatic birds), and the unusual properties of the viral genome. The infamous “Spanish flu” of 1918-19 was responsible for more than 20 million deaths worldwide, primarily among young adults. Mortality rates associated with recent pandemics of 1957 and 1968 were reduced in part by the use of antibiotic therapy for secondary bacterial infections and aggressive supportive care of infected patients. However, these later pandemics were associated with high rates of morbidity and social disruption. The Centers for Disease Control and Prevention (CDC) estimates the economic loss associated with the next pandemic will be in the billions of dollars.

IN THE EVENT OF A PANDEMIC FLU OUTBREAK

- Most people with the pandemic flu will recover at home. At the time of a pandemic, Franklin Memorial Hospital will only be able to admit those patients with very severe symptoms.
- Resources may be limited. Even admitted patients may have to share in very limited equipment and staff resources.
- If you go to the hospital, you may experience long waits and may be sent home when under normal circumstances you would have been admitted.
- Try to coordinate your care with your own doctor if the office is seeing patients.
- During the pandemic flu, the Greater Franklin County Flu Hotline will be manned to assist you. The number is 207-779-3147.
- Limit 911 calls to emergencies specifically requiring Emergency Medical Services (EMS), fire department or law enforcement.

HYGIENE

Practice and assure others practice Basic Hygiene Strategies of: frequent hand-washing; covering coughs and sneezes with sleeve or tissue, and staying home when ill. Stay away from others as much as possible if they are sick. This will stop the spread of harmful germs.

CARING FOR YOURSELF AND OTHERS AT HOME

- Drink plenty of clear, non-caffeinated, non-alcoholic liquids. Water or Pedialyte for children and watered-down sports drinks such as Gatorade (1 part water-to-one part drink) for adults.
- Food as tolerated – bland, easy to digest initially (crackers, dry toast, pasta, rice).
- Get plenty of rest.
- Take a fever-reducing pain medication, such as acetaminophen (Tylenol). For adults and children older than 6 months, you can also use ibuprofen (Motrin or Advil). For children, keep the liquid formulas handy.
- Have a thermometer and learn how to use it to properly measure temperatures.
- Salt water gargle may help a sore throat.
- Wash your hands often and thoroughly with soap and hot water.
- Cover coughs and sneezes – use your sleeves or disposable tissues; not your hands.
- Clean and disinfect shared items, such as telephones, keyboards, door knobs, television remote controls, etc., Isolate the sick and well in the household as best you can



UNDERSTANDING THE CHALLENGES

The following are assumptions that provide a basis for preparedness activities pertaining to pandemic influenza:

- Influenza pandemics are expected, but unpredictable and arrive with very little warning.
- Outbreaks can be expected to occur simultaneously throughout much of the U.S., preventing shifts in human and material resources that usually occur in the response to other disasters.
 - Localities should be prepared to rely on their own resources to respond.
 - As with many public health emergencies the effect of influenza on individual communities will be relatively prolonged (weeks to months) in comparison with other types of disasters.
- Health care workers and other first responders may be at higher risk of exposure and illness than the general population, further straining the health care system.
- Effective prevention and therapeutic measures, including vaccine and antiviral agents, will be delayed and in short supply.
- Widespread illness in the community could increase the likelihood of sudden and potentially significant shortages of personnel in other sectors that provide critical public safety services.

MAKING PERSONAL AND FAMILY PLANS

Plan together for an emergency

Talk about what might happen: Pandemic flu (seasonal or avian), fire, flooding, blizzard, etc. How would you find out about it?

- Discuss how to respond to each disaster that could occur.
- Do you know how to contact each other? (See Communications Plan)
- What would you need if you couldn't get out for a few days? (See Building a Disaster Kit)
- Learn how to turn off the water, gas and electricity at main switches.
- What are the most important things to take with you if you have to leave? If you go to a shelter, you may need pillows, blankets and snacks to eat until the shelter is fully functioning. Think about financial papers, check books, credit cards, etc.
- Draw a floor plan of your home. Mark two escape routes from each room
- Plan together for the special needs of your children and others in your family
- Is there a blanket or special toy loved by a child?
- Is there a member of your family who requires special accommodations?
- Plan for your pets as well. Most shelters will not accept pets due to health regulations. Check with your local Emergency Management Director about pet friendly shelters.

Telephone:

- Post emergency telephone numbers near telephones.
- Have a phone available that works if the electricity is off.
- Keep cell phone charged and programmed for emergency and important contact numbers.

In Case of Emergency (I.C.E.)

If an emergency happens and you are not at home and unable to speak, by storing a few emergency phone numbers in your cell phone, EMS (ambulance personnel), a Firefighter or a Police Officer can contact your family.

Simply store these emergency numbers in your cell phone under the name ICE (In Case of Emergency). More than 1 number can be stored by using ICE 1, ICE 2 and ICE 3.

So take a few moments and ICE your cell phone.

Important Information	NAME	TELEPHONE #	POLICY #
Doctor (s)			
Other:			
Pharmacist			
Medical Insurance:			
Homeowners Rental Insurance			
Veterinarian/Kennel (for pets):			

**YOUR DISASTER AND PANDEMIC FLU
EMERGENCY KIT**

Because everyday life may be different during a emergency situation and services could be disrupted, make sure you have these items in your emergency preparedness kit.

- **Two weeks worth of food for you and your family. This should be food that does not need refrigeration. Foods like canned meats and fish, beans, soups, fruits, and dry goods like flour, and sugar are good choices.**

- **Water stored in sealed, unbreakable containers. If water service is disrupted, plan one gallon for each person for each day, for up to 2 weeks.**

- **Two weeks worth of prescription medicines, and over the counter medicines such as ibuprofen, Tylenol) for each person in the house for fever and pain. A two week supply of cough syrup.**

- **Cell phone and charger.**

- **Supply of face masks and plastic gloves. These will help protect you, especially if you are taking care of family members who are sick with the disease.**

- **Disinfectants and chorine bleach.**

- **Dehydration solution, for example Pedialyte for kids. Gatorade for adults and teens. See the box below for instructions to make dehydration solution for adults and teens.**
- **Flashlights, potable radios and extra batteries.**

- **Extra blankets and clothing to keep warm.**

- **Make a list of other supplies you think you would need:**

REHYDRATION SOLUTIONS FOR ADULTS AND TEENS.

4 Cups of Clean Water , 2 Tablespoons of sugar 1/2 Teaspoon of salt

Mix all the ingredients until the sugar disappears. You can drink the solution at room temperature. Please note DO NOT BOIL the solution because that will reduce the solution's helpfulness.

FOR MORE INFORMATION:

**www.ready.gov
www/franklincountyema.org
<http://www.getreadygear.com/>
<http://www.maine.gov/mema/http://>
www.fema.gov/**

EMERGENCY GO BAG

In case of an emergency situation, every person in your household should have a, "GO BAG".

A go bag is any bag that one can pick up if it is necessary to leave your home quickly.

In the GO BAG, you should have personal needs:

- Clothing (at least one complete change of clothing and footwear per person)
- medications you take daily, alcohol wipes, vitamins, anti-diarrhea medicine
- first aid kit
- extra money (bills and change) and credit cards
- emergency contacts and phone numbers plus a copy of the family emergency plan
- flashlight and a portable radio (extra batteries)
- "things to do (Books, Games, Cards,)
- snacks
- dental items
- grooming items
- toilet tissue
- infant items
- copies of your important personal papers
- needle and thread
- water
- plastic bags for used tissues and rubbish (grocery bags work great)
- extra set of car keys
- safe way to heat food and water
- blankets and sleeping bags

Don't forget the pets!

- Supply a leash, harness or carrier
- A supply of food, drinking water, manual can opener, litter
- Information about pet behavior or medical conditions
- Pet inoculation documents
- Phone number and name of vet
- Medications if needed
- Photo of pet in case you are separated



STAY INFORMED

- Pay attention to what is going on in your community that may threaten your family. Find out which disaster could occur in your area: Pandemic flu (seasonal or avian), severe weather, fires, flooding, drought, etc.
- Instruct household members to turn on the radio for emergency information. Consider purchasing a NOAA weather radio in order to receive alerts.
- Alert devices are available for the hearing impaired. Contact the Maine center on Deafness (207.797.7656 TTY/V) for more information.
- Ask your work place about emergency plans.
- Learn about emergency plans for your children's school or day care-center.

MEDIA CONTACTS

RADIO:

WKTJ 99.3 FM
RICK DAVIS

WTOS 94.9 FM

TELEVISION:

WABI CHANNEL 5 CBS
35 HILDRETH ST, BANGOR
www.wabi.tv/

WLBZ CHANNEL 2 NBC
329 MT. HOPE AVE. BANGOR
www.wlbz2.com

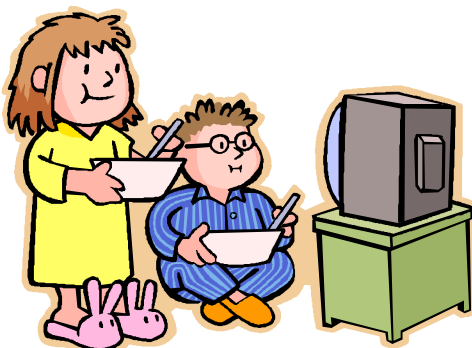
WCBB TV CHANNEL 10 PBS
1420 LISBON ST. LEWISTON
www.mpbn.net/television/index.html

WGME CHANNEL 13 CBS
81 NORTHPORT DR. PORTLAND
www.wgme.com

WMTW CHANNEL 8 ABC
477 CONGRESS ST. PORTLAND
www.wmtw.com

WCHS CHANNEL 6 NBC
1 CONGRESS ST. PORTLAND
www.wcsh6.com

LOCAL BEELINE CABLE CHANNEL 11
JP FORTIER
mtbluetv.org



PRINT MEDIA

Waterville Sentinel
<http://morningsentinel.mainetoday.com/>

Lewiston Sun Journal
<http://www.sunjournal.com/>

Franklin Journal

Daily Bulldog:
<http://www.dailybulldog.com/db/>

HELPFUL WEB SITES

<http://211maine.org/>
<http://www.maine.gov/mema/>
<http://www.fema.gov/>
<http://www.pandemicflu.gov/plan/healthcare/homehealth.html>
<http://thecommunityconnector.org/directory/67>
<http://wmca.org/>
<http://www.leapcommunity.org/index.html>
http://southernmaine.redcross.org/index.php?pr=Disaster_Services
<http://www.fchn.org/about/contact>
<http://www.uwtva.org/>
<http://www.seniorsplus.org/>
<http://www.seniorsplus.org/aoa/index.html>
<http://www.maineflu.gov/>
<http://www.erh.noaa.gov/gyx/>

Where can you find Emergency Medical Care in Franklin County?

HOSPITALS AND MEDICAL CENTERS

Franklin Memorial Hospital207-778-6031
111 Franklin Health Commons
Farmington ME 04938
Hotline Number207-779-3147
E-Mail <http://www.fchn.org>

Mt. Abram Regional Health Center (Kingfield)
25 Depot Street
Kingfield ME 04947.....207-265-4555
[Http://www.healthreachchc.org/Kingfield/index.html](http://www.healthreachchc.org/Kingfield/index.html)

Rangeley Region Health Center
42 Dallas Hill Rd.
Rangeley ME 04970.....207-864-3303
[Http://www.healthreachchc.org/Rangeley/index.html](http://www.healthreachchc.org/Rangeley/index.html)

Strong Health Center
177 North Main Street
Strong ME 04983.....207-684-4010
[Http://www.healthreachchc.org/Strong/index.html](http://www.healthreachchc.org/Strong/index.html)

Western Maine Family Health Center (WMFHC)
80 Main Street, Central Plaza
Livermore Falls ME 04254.....207-897-4345
[Http://www.healthreachchc.org/Western/index.html](http://www.healthreachchc.org/Western/index.html)

Physician Referral Number: 1-800-450-2075



MUNICIPAL TELEPHONE NUMBERS

<u>TOWN</u>	<u>TELEPHONE</u>
Avon	639-5326
Carrabassett Valley	235-2646
Carthage	562-8874
Chesterville	778-2433
Coplin PLT.	246-5141
Dallas Plantation	864-5991
Eustis/Stratton	246-4401
Farmington	778-6538
Industry	778-5050
Jay	897-6785
Kingfield	265-4637
New Sharon	778-4046
New Vineyard	652-2222
Phillips	639-3561
Rangeley	864-3326
Rangeley Plantation	864-3426
Sandy River Plt.	864-2234
Strong	684-4002
Temple	778-6680
Weld	585-2348
Wilton	645-4961

YOUR OWN IMPORTANT PHONE NUMBERS:

POLICE:

FIRE:

AMBULANCE:

HELPFUL FRIEND OR NEIGHBOR:

NAME:

NUMBER:

FAMILY CONTACT:

NAME:

NUMBER:

WHAT IS THE EMERGENCY MANAGEMENT AGENCY?

Many people wonder about the Emergency Management Agency. Think of Franklin County Emergency Management (FCEMA) as the first step in the response to a man-made or natural disaster. Should the disaster reach larger proportions, the Maine Emergency Management (MEMA) would step up to help our area. If there were even greater damages, the Federal Emergency Management (FEMA) would also step in to help citizens and businesses affected by the disaster.

ABOUT OUR LOCAL EMERGENCY MANAGEMENT AGENCY:

MISSION STATEMENT

The Franklin County Emergency Management Agency (FCEMA) will support and protect the citizens and visitors of our communities by helping to limit the effect of disasters. A County-wide plan incorporates all available resources to perform the four phases of emergency management:

Mitigation, Preparedness, Response and Recovery.

In addition, this plan strives to support a collaborative effort among local municipalities, state and federal governments, emergency responders, public works, hospitals, schools, public and private businesses, and the general population.

WHAT IS EMERGENCY MANAGEMENT?

Emergency Management is a community wide effort in preparing for emergencies. The FCEMA plan allows for a quick and effective response by using the four phases of emergency management:

Mitigation --- to eliminate or reduce the probability for disaster by assisting municipalities with proactive planning strategies

Preparedness--- save lives and minimize damages

Response --- immediate activities that provide emergency assistance

Recovery --- activities that return all systems to normal or to improved standards.

When local disasters impact Franklin County citizens an immediate response is primarily performed by first responders. If the man-made or natural disaster exceeds local and county resources, state and federal response agencies are activated. Although we can never foresee everything that might happen, potential emergency situations could be power failures, epidemics, drought, flood, severe winter or summer storms, wildfire, search and rescue, terrorism, and a hazardous materials incident. Not only does the EMA respond to emergency situations, it has an active role in providing ongoing training and support for emergency personnel while also educating and informing the general public about emergency preparedness.



WOULD YOU NEED ASSISTANCE IN AN EMERGENCY?

The Franklin County Emergency Management Agency would like to know whether you would need assistance in an emergency?

Are you

- elderly and living alone without a close friend or relative?
- dependent upon others for routine care?
- blind, hearing impaired or have an amputation?
- needing assistance with medical care?
- Experiencing a mental disorder ? (ex. Alzheimer's or anxiety disorder)
- Requiring special equipment or devices? (wheelchair, walker, etc.)

Register with the FCEMA today! Why? How? ? In case there is a prolonged emergency, someone would call to check on your safety. If there was an emergency evacuation, knowing what kind of help you would need in order to move to a safer location would be necessary.

Call today: 207-778-5892

FAX: 207-778-5894

E-Mail a registration from: franklincountyema.org