

PREPAREDNESS Notebook

PROGRAMS COMMUNITY PROGRAMS
 Need more info on pandemic flu? The emergency response team is available to speak to your organization. Visit: www.mcdhprepare.info or call 815.334.4510.

PANDEMIC INFLUENZA

3P'S • PLAN • PREPARE • PROTECT



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**A McHenry County Dept. of Health
 Pandemic Influenza Event...
 A Must Attend!!**



*Featured on The
 Oprah Winfrey
 Show, CNN and
 Nightline*

"I BELIEVE AN INFLUENZA PANDEMIC WILL BE A 12- TO 18-MONTH GLOBAL BLIZZARD THAT WILL ULTIMATELY CHANGE THE WORLD AS WE KNOW IT TODAY."

**DR. MICHAEL OSTERHOLM
 EXPERT ON PANDEMIC INFLUENZA**

On Thursday, August 17 from 7-9 PM, Dr. Michael Osterholm will speak at a public town hall meeting at Crystal Lake South High School. The main topic for this discussion will be ways to prepare your family and community for an Influenza Pandemic. Crystal Lake South High School is located at 1200 South McHenry Avenue in Crystal Lake.

Dr. Osterholm, PhD, MPH is an internationally renowned expert on Avian and Pandemic Influenza. He is on the National Science Advisory Board on Biosecurity and is the Director of the Center for Infectious Disease Research and Policy for the School of Public Health at the University of Minnesota. Dr. Osterholm is a frequent consultant to the WHO, FDA, CDC and Department of Defense.

Be Prepared - Be Informed! We hope you will join us for this exciting and informative presentation! This event is open to all residents.

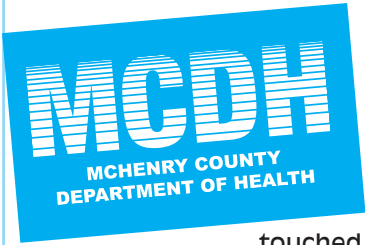


EVERYBODY NEEDS A PLAN



Dear Residents:

Emergency preparedness means being ready if a disaster or emergency strikes. It is important to know what we can expect and how we will respond before an event.



The McHenry County Department of Health is preparing for the possible impact of an influenza pandemic (a global outbreak of the flu). Most health experts believe Avian Influenza (Bird Flu) could be the trigger to cause the next pandemic. If this virus mutates into a form that can be easily passed from person to person, there will be little natural immunity. It could affect people at a rapid rate and cause widespread illness and death. The Centers for Disease Control and Prevention (CDC) estimates that 25% to 30% of the United States population could be infected by a flu pandemic.

Get involved! Everyone should be involved in preparedness activities because so many citizens will be touched by a pandemic. Schools, businesses, health care, individuals and families should plan now to safeguard against the threat and lessen the impact.

The strongest protection is in preparation at the local level, by local people. Prepare yourself and your family – start today!

Patrick McNulty

Patrick McNulty, Administrator - McHenry County Department of Health

What are government roles?

The Federal Government has said that communities must help take care of themselves in a pandemic. If areas across the country are affected at the same time, there won't be enough federal resources to assist everyone. Here in McHenry County, there are ongoing meetings which include agencies that are planning for and will respond to a pandemic.

FEDERAL GOVERNMENT

Support the formation of medication and vaccine stockpiles.

Monitor disease spread for rapid response.

STATE GOVERNMENT

Track the spread of disease and help the areas hardest hit.

Provide advice and leadership to local government.

LOCAL GOVERNMENT

Take a lead role in the County's response.

Provide guidance and current information to County agencies and residents.

Work within the framework of the overall County Disaster Plan.

HISTORICAL PERSPECTIVE

Influenza pandemics typically happen every 10 to 40 years. While no one knows for sure when the next pandemic will occur, experts agree that we are overdue since the last pandemic was in 1968. In the 20th century, there were three flu pandemics:

1918-19 PANDEMIC (SPANISH FLU):

- 675,000 deaths in the United States
- 100 million deaths worldwide

1957-58 PANDEMIC (ASIAN FLU):

- 69,800 deaths in the United States
- 1-2 million deaths worldwide

1968-69 PANDEMIC (HONG KONG FLU):

- 33,800 deaths in the United States
- 700,000 deaths worldwide

LOCAL IMPACT OF 1918-1919 PANDEMIC

Pandemics occur in waves, separated by weeks with no new cases. On January 16, 1919, Christ Pfeiffer of Crystal Lake returned home after serving in southern France in World War I. The happiness of his return was quickly interrupted when four members of his family became ill with the Spanish Flu and passed away within a week.

The pandemic flu arrived in McHenry County at the same time as it did in the rest of the country. Residents read reports in August 1918 of military bases overwhelmed by the flu. Camp Funston in Kansas reported 100 soldiers sick in just one day. There was local concern because McHenry County residents were enlisting for World War I and being transported to Camp Grant in Rockford,



All aspects of life were affected by the 1918 Spanish Flu pandemic. Even sports teams were forced to wear masks.

which was the largest military training facility for the Midwest. Camp Grant reported 115 soldiers dead within a 24-hour period due to the Spanish Flu. At the end of the pandemic, the camp saw 1,400 deaths from the Spanish Flu.

The 1918 pandemic affected the normally healthy population, increasing the death rate for ages 10 to 39. Soldiers, wives, mothers and sons were all at risk. The arrival of the pandemic in McHenry County led to school closures and a county-wide ban on public meetings and gatherings. In October 1918, a local newspaper reported 30 families in Crystal Lake were sick with the Spanish Flu.

WHICH FLU IS THIS FLU?
SEE PAGE 6.

**MEET...**

PENNY

THE PLANNING PANDA

PENNY IS PREPARED**PENNY KNOWS PLANNING AND
PREPARATION PREVENTS
PANDE-MONIUM!**

WHAT IS PANDEMIC FLU?

Influenza or the "Flu" is a serious illness that you can pass to or get from someone else. You can give flu germs to other people before you know you are sick! People with the flu may have a fever, headache, stuffy nose, cough and muscle aches. Usually people get sick with the flu during wintertime.

When you hear the phrase "pandemic flu," that means that people all over the world are getting sick with the flu. Pandemic flu is usually worse than the "normal" flu. It is a new kind of flu that no person has gotten before. Because it is new, no one's body has "immunity" to defend itself against the germs. This means that it is easier to get sick and easier to pass to other people.

**LOOK
INSIDE FOR
PENNY'S
PANDEMIC
PLANNING
TIPS...**

PENNY THE PLANNING PANDA LOVES TO PLAN!

YOU CAN PLAN

All of us feel better when we plan for things. Just like you think about what you'll take on your next sleepover or what you'll do on your vacation, you'll feel better if your family has a plan for what they will do if there is flu pandemic. While you are doing the activities on these pages, think about what you can do to be ready!

SEE HOW EASY IT IS TO PREPARE A PLAN?

DID YOU KNOW...

COUGHING AND SNEEZING ARE WAYS TO SPREAD THE FLU. MILLIONS OF GERMS TRAVEL THROUGH THE AIR AT OVER 100 MILES PER HOUR WHEN YOU SNEEZE!

REMEMBER TO COUGH OR SNEEZE INTO YOUR ELBOW, NOT YOUR HANDS!



WORD SEARCH

E	X	M	R	A	D	I	O	Z	U	B	P	Q
B	M	P	W	E	G	F	N	W	L	A	S	C
F	H	E	S	K	H	V	R	A	Q	T	I	A
L	E	T	R	M	L	U	N	T	A	T	P	N
A	L	F	O	G	D	K	Y	E	Z	E	A	N
S	A	O	N	I	E	K	S	R	E	R	L	E
H	B	O	R	T	U	N	K	L	U	I	C	D
L	J	D	S	F	B	A	C	P	M	E	Y	F
I	E	W	G	A	M	E	S	Y	J	S	V	O
G	B	N	P	Q	U	D	F	O	K	A	W	O
H	F	I	R	S	T	A	I	D	K	I	T	D
T	H	C	K	E	N	C	H	I	P	P	T	E
L	C	A	N	O	P	E	N	E	R	O	D	R

Assembling an emergency kit is an important way to get your family prepared. Find and circle the following preparedness items!

- EMERGENCY KIT**
- WATER**
- CANNED FOOD**
- FLASHLIGHT**
- BATTERIES**
- CAN OPENER**
- RADIO**
- BLANKETS**
- PET FOOD**
- FIRST AID KIT**
- GAMES**

SC

DID YOU
WO

Here are some
need in your

PAPER/PLAS
PLATES AN

PAPER AND P
DUCT TAPE

How many things
Let's go on a sca
to find out!

If you don't have
pick up a few of th
they are at the sto

PENNY PLANS FOR PROBLEMS

A PANDEMIC COULD HAPPEN. IT MIGHT BE A VERY SCARY TIME FOR YOU AND YOUR FAMILY. FOR EXAMPLE, YOU MAY HAVE TO STAY HOME FROM SCHOOL FOR AWHILE, AND YOUR PARENTS MAY NOT GO TO WORK. THINGS MAY BE CONFUSING, BUT PLANNING AND PREPARING WILL HELP YOU PROTECT YOURSELF DURING THESE TIMES.

Proper hand washing is important!

Washing your hands the right way is one of the best ways to avoid getting sick! Do you know how to wash your hands correctly?

- Wet your hands with warm water
- Apply soap
- Scrub hands for 20 seconds – that's the amount of time it would take you to sing "Happy Birthday" twice!
- Don't forget to clean under your nails, in between your fingers and on the back of your hands too.
- Rinse all of the soap off of your hands.
- Dry your hands with a paper towel.

Remember that you should wash your hands after you sneeze or cough; after using the bathroom; before you eat and before you touch your eyes, nose or mouth!



HOW WE GET SICK

GERMS ARE VERY SMALL AND THEY TRY TO GET INTO YOUR BODY ALL THE TIME. USUALLY YOUR BODY IS ABLE TO FIGHT OFF ANY GERMS THAT GET INSIDE. SOMETIMES, THE BODY ISN'T ABLE TO GET RID OF THE GERMS RIGHT AWAY, AND THE GERM MAKES YOU SICK. REMEMBER TO WASH YOUR HANDS A LOT TO KEEP THE GERMS OUT. DON'T FORGET TO EXERCISE AND EAT RIGHT SO YOUR BODY CAN STAY STRONG AND FIGHT TO KEEP YOU HEALTHY!

IF THERE IS A PANDEMIC...

1. Try to remember that this won't last forever.
2. Adults can help you understand what is going on. Don't be afraid to ask questions.
3. It may help to write about what's happening or draw pictures about how you feel.
4. It's okay to cry, but remember things will get better!
5. You may be able to help others. Ask your parents what you can do.

AVENGER HUNT

YOU FIND ALL OF THE HIDDEN SEARCH ITEMS?

Are there other items that you might find in your family emergency kit.

- TOILET PAPER
- CUPS
- PENCILS
- BOOKS
- PLASTIC GARBAGE BAGS
- PILLOWS

What do you already have at home? Do an avenger hunt through your house.

For everything, ask your parents to help you find the missing items the next time you have an avenger hunt.

FLU DEFINED

Seasonal Influenza (flu)

This is a respiratory illness that occurs annually and can be transmitted person to person. Most people have some immunity, and a vaccine is available. This is also known as common flu or winter flu.

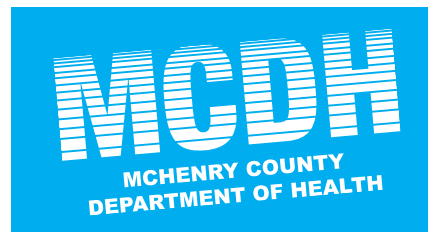
Avian (bird) flu

This is a disease caused by influenza viruses that occur naturally among wild birds. Authorities are currently concerned about the H5N1 strain that is deadly to domestic birds and can be transmitted from birds to other animals or humans. People do not have immunity to the H5N1 strain and can become very sick.

Pandemic flu

This is a deadly human flu virus that causes a global outbreak (pandemic) of serious illness. It is a new human virus, so there will be little natural immunity; and the disease can spread easily from person to person. Although there is concern that the H5N1 virus may cause the next pandemic, currently there is no pandemic flu.

(Source: pandemicflu.gov)



WHICH FLU IS THIS FLU?

SEASONAL FLU VS PANDEMIC FLU

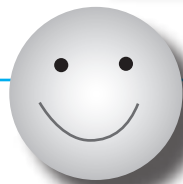
Occurs every year, mostly during winter (November – April)	<i>Seasonally</i>	Can occur at any time of the year. Pandemics have occurred three times in the last century. Experts believe another is likely to occur.
Affects about 10% of the world's population.	<i>Illnesses</i>	May cause illness in 30 to 50% of the world's population.
For most people, it is an unpleasant but not life-threatening infection.	<i>Severity</i>	Will likely have more severe symptoms than seasonal flu.
Results in an average of 36,000 deaths each year.	<i>Deaths</i>	May result in millions of deaths worldwide.
Young children, the elderly and those with chronic illnesses are at higher risk.	<i>At Risk</i>	People of every age may be at risk for infection.
An annual vaccination is available.	<i>Vaccine</i>	A vaccine probably won't be available when the pandemic starts.
Modest Impact and low absenteeism	<i>Economic Impact</i>	Major impact with widespread travel restrictions, cancellation of public gatherings, business and schools and 25% - 40% absenteeism.



PANDEMIC POSSIBILITIES BEST-CASE AND WORST-CASE SCENARIOS

Best Case:

The best case scenario is a mild pandemic, similar to the Asian Flu or the Hong Kong Flu pandemics. The virus will cause fewer illnesses and deaths, which will have a minimum impact on the economy. Approximately 25% of workers in each business sector may fall ill. Absenteeism may be lower. Even if a pandemic doesn't happen, preparation will be useful for other disasters.



Worst Case:

The worst case scenario is a severe pandemic, which would be similar to the Spanish Flu pandemic. There will be a greater number of illnesses and deaths. Due to the severity, absenteeism will be higher. Nonessential services such as libraries, community centers, theatres and many retail stores will close. Travel restrictions may impact the availability of food and other supplies. Health care services will be strained, so it is important that individuals prepare to care for themselves. Snow days could be declared, encouraging healthy and sick people to stay at home for extended periods.



WHAT ABOUT A VACCINE?

The emergence of a pandemic influenza virus will require the creation of a new vaccine, which must be modified to match the strain of virus that is circulating. Until a pandemic has begun, medical experts will not know how the virus has mutated, which strain is causing the pandemic and

with which strain to produce the vaccine. Currently, the influenza vaccine production process is long and complicated; it could take up to nine months for a vaccine to be ready for distribution. It is important to remember that a vaccine will not be ready when the pandemic starts, and even when it is

available it will be on a very limited basis. Manufacturers are working on improving production capabilities and have recently developed an experimental vaccine that may help against possible H5N1 mutations.



Antiviral Medications

Antiviral medications, such as TamiFlu®, are drugs that may be used to either treat or prevent illnesses caused by viruses. Research is being conducted to determine whether these medications will be effective against pandemic flu. Antiviral medication will be in a limited supply if there is a pandemic.

FLU QUARANTINE

QUARANTINE HELPS KEEP DISEASES FROM SPREADING. IF YOU'VE BEEN AROUND A SICK PERSON, AUTHORITIES MAY ASK YOU TO STAY HOME FOR A PERIOD OF TIME. PEOPLE ARE USUALLY QUARANTINED IN THEIR HOMES.

WHAT TO DO IF SOMEBODY GETS SICK

If somebody in your house becomes ill during a pandemic, here are some instructions you can follow to help control the spread of the disease. Visit www.americanredcross.org for additional information.

❖ SEEK MEDICAL ADVICE

Call your doctor for advice on treating the ill person. If immediate medical attention is needed, call 911 or take the person to the nearest emergency room. Because hospitals may be overwhelmed, you may need to take care of the ill person at home. Be sure to have supplies on hand.

❖ DO NOT TAKE THE PERSON OUT OF THE HOUSE

Unless going to a medical appointment, the ill person should be kept at home. This includes not allowing the person to go to work, school, or religious services. The ill person should be separated from the rest of the household and outside visitors. Contact your healthcare provider if any other members of your household develop fever, chills, sore throat, headache or muscle aches.

❖ ENCOURAGE THE ILL PERSON TO TAKE THE TIME TO GET BETTER

It may take a person ill with the flu up to 2 weeks to feel better. Make sure the ill person eats healthy, drinks plenty of liquids and gets plenty of rest. If medication is prescribed, it should be taken as directed by the doctor.

❖ PRACTICE GOOD INFECTION CONTROL

A clean environment is essential to prevent germs from spreading. Clean surfaces and commonly shared items like doorknobs and handles, toilet seats, faucets, light switches, toys, remote controls and telephones daily. Protective masks should be worn by the sick person and by the caretaker.

PREVENT THE SPREAD

Follow these simple steps to limit the spread of any virus, including those causing influenza (both seasonal and pandemic).

* COVER YOUR COUGHS AND SNEEZES

- Cover your mouth and nose with a tissue when you cough or sneeze
- If you do not have a tissue, cough or sneeze into your elbow, not your hands

* WASH YOUR HANDS

- Wash with warm, soapy water for 20 seconds or use hand sanitizer
- Wash before preparing food or eating and after coughing, sneezing, caring for a sick person, using the bathroom or handling garbage or animal waste

* KEEP YOUR LIVING & WORKING AREAS CLEAN

- Clean areas with warm, soapy water or sanitize surfaces with a bleach solution or alcohol

* KEEP YOUR DISTANCE

- Avoid crowds and limit your travel
- Work from home, if able
- Maintain a personal space of three feet
- Stay at home if you are sick

PANDEMIC INFLUENZA



WHAT CAN YOU DO?

A pandemic may last for an extended period of time and services that you count on may be disrupted. Although no one is sure if or when a pandemic will happen, there is still much that you can do to start preparing now.

- Individual and Family Preparedness – Make an emergency plan and create a kit (with a stockpile of food and water for 6 to 12 weeks).
- Schools and Daycares – Ask what their plan is and plan for what would you do if school/daycare is cancelled.
- Business Owner and Employee – Ask about your sick leave policy. Can you take time off to care for family members? Do you have cash if your business is shut down? Can you work different shifts or work from home to avoid contact with others?
- Volunteer – Help your community by joining the Medical Reserve Corps. Contact McHenry County Department of Health at 815-334-4510 for more information.

WHERE TO FIND MORE INFORMATION

McHenry County
Department of Health
(815) 334 - 4510
www.mcdhprepare.info

US Department
of Health and Human Services
www.pandemicflu.gov

Centers for
Disease Control and Prevention
www.cdc.gov

Illinois Department of Public Health
www.idph.state.il.us

LOCAL HOSPITAL INFORMATION

Centegra Northern Illinois
Medical Center
(815) 344-5000
www.centegra.org

Centegra Memorial Medical Center
(815) 338-2500
www.centegra.org

Mercy Harvard Hospital
(815) 943-5431
www.mercyhealthsystem.org

Funding for this newsletter is provided by the McHenry County Department of Health via a grant from the Illinois Department of Public Health Division of Emergency Preparedness and Response.

GETTING THE LATEST...

In the event of a public health emergency, tune to **Star 105.5 FM Radio** or read the **Northwest Herald Newspaper** for the latest county specific information and special instructions.



YOUR IMPORTANT NUMBERS

- Family Physician _____
- Specialty Physicians _____
- Dentist _____
- Veterinarian _____
- Hospital _____
- Urgent Care Facility _____
- School _____
- Day Care _____
- Neighbor _____
- Family Members _____
- Insurance Information _____
- Work Number _____