

# At-A-Glance

## Pandemic Flu

A pandemic flu is a large outbreak of disease that occurs when a new influenza virus appears to which people have little or no immunity. It affects people of all ages, backgrounds, and locations causing illness and death as well as social disruption.



### *What to expect with Pandemic...*

- People will have little or no immunity to the virus as they have not been previously exposed to it; Healthy people may be at increased risk for serious complications.
- Vaccine likely will not be available in early stages of the pandemic. Symptoms may be more severe.
- Rapid Worldwide Spread; When a pandemic flu virus emerges expect it to spread around the world; You should prepare for a pandemic flu as if the entire world population is susceptible.
- Countries may try to delay the pandemic flu's arrival through border closings and travel restrictions, but they cannot stop it; Potential for severe impact on domestic and world economy.
- Many people are likely to become ill at the same time; Many agencies may shut down or canceled, including public transportation, schools, businesses, public areas, etc.

### Did you know?

Death rates may be high. Four factors determine the death toll:

- The number of people who become infected.
- The strength of the virus.
- The underlying characteristics and vulnerability of affected populations.
- The effectiveness of preventive measures.

For more information go to:

[www.ready.gov](http://www.ready.gov)

### *Reduce infection by...*

- Wash your hands frequently with soap and water or an alcohol-based sanitizer.
- Cough or sneeze into a tissue; place used tissues directly into the trash. If you do not have a tissue, cough or sneeze into your elbow or upper sleeve.
- After coughing or sneezing, clean your hands with soap and water or use an alcohol-based hand sanitizer; Avoid touching your eyes, nose, or mouth as germs are often spread when a person touches something contaminated, then touches his eyes, nose or mouth.
- Stay at home if you are ill; Create a plan among your family/friends for caring for one another should one of you become ill.

### *Staying informed on Pandemic Flu...*

- Be aware of the status of the pandemic in the media.
- Seek information on public services that may close, requiring you to plan ahead.
- Follow updates provided by local public health authorities and personal health care providers.

Sources: American Red Cross, Flu.gov, and US Department of Health and Human Services



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