

Schools May be Closed for an Extended Period of Time

- Help schools plan for pandemic influenza.
- Talk to the school nurse or the health center.
- Talk to your teachers, administrators, and parent-teacher organizations.
- Plan home learning activities and exercises.
- Consider childcare needs.

What To Do To Stay Healthy

- It's very important for everyone to follow these simple steps to limit the spread of influenza during a pandemic and every day.
 - ◇ Stay at home if you are sick. Don't go to work, school, or run errands. Limit contact with others to keep from infecting them.
 - ◇ Wash your hands often. Use soap and water or an alcohol-based hand cleaner after coughing and sneezing.
 - ◇ Cover your cough or sneeze with a tissue or use your upper sleeve. Don't cough or sneeze into your hand as this will spread germs onto every-thing you touch.
 - ◇ Avoid touching your eyes, nose or mouth.
 - ◇ Don't share drinking cups or straws.
 - ◇ Put used tissues in the trash.
 - ◇ Frequently clean commonly touched surfaces.
 - ◇ If you plan to travel, check www.cdc.gov for recommendations prior to traveling.

Be Prepared

- Always be prepared for a possible public health emergency situation.
- Have a 2 week supply of nonperishable food, water and medication for each member of your family and pets.
- Plan for possible school and/or work closures.
- Teach children and family members proper hand washing and respiratory behaviors.

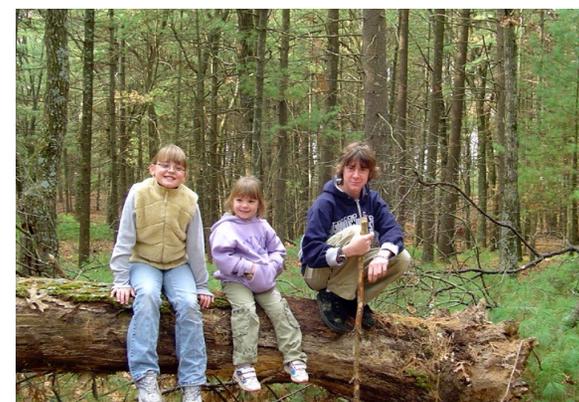
EACH PERSON MUST BE AWARE OF THE POSSIBILITY OF AN INFLUENZA PANDEMIC REACHING HIS OR HER COMMUNITY

Important numbers and resources to help you stay informed

- In the event of a public health emergency, the Juneau County Health Department will communicate in the following methods:
 - ◇ www.co.juneau.wi.gov (Juneau County Health Department Website)
 - ◇ WRJC Radio-92.1 FM
 - ◇ Juneau County Health Department 608-847-9373
- Reliable information is also available at:
 - ◇ www.pandemic.wisconsin.gov is Wisconsin's official website continually updated with current pandemic information.
 - ◇ www.cdc.gov

Pandemic Influenza

Information for You and Your Family



Juneau County Health Department
220 East State Street Room 104
Mauston, WI 53948

Phone: (608) 847-9373

FAX: (608) 847-9407

www.co.juneau.wi.gov

www.pandemic.wisconsin.gov

What is an Influenza Pandemic?

- Influenza (flu) is a respiratory virus, causing fever, cough, body aches and fatigue.
- An influenza pandemic is a global outbreak of a brand-new (novel) influenza virus that occurs around the world.
- Pandemics are different from seasonal outbreaks of influenza because pandemic influenza spreads more easily from person to person and can cause serious illness because people do not have immunity to the new virus.

What is H₁N₁ (Swine) Influenza A?

- Swine influenza is a respiratory disease that occurs naturally among pigs.
- Swine influenza does not usually infect humans.
- Swine viruses often change. Pigs can be infected by avian and human influenza. When this occurs new swine viruses emerge.
- H₁N₁ Influenza A is a new emerging virus. This swine influenza virus has changed to become a novel virus which can spread easily among humans.

What is H₅N₁ Avian (Bird) Influenza A?

- Avian influenza occurs naturally among wild birds and can infect chickens, turkeys, ducks, geese, and other migratory birds.
- Avian influenza does not usually infect humans, but since 1997, there have been a number of confirmed cases of human infection from avian influenza viruses.
- Experts around the world are watching for changes in avian influenza viruses that have potential to develop into a pandemic.

What are the symptoms of H₁N₁ (Swine) Influenza?

- Symptoms are similar to seasonal influenza and may include fever, cough, sore throat, aches, and fatigue.
- Contact your health care provider if you have a high fever, difficulty breathing, bluish skin, dizziness, dehydration, confusion or severe vomiting.

Is it safe to eat pork or poultry?

- Yes, it is safe to eat pork, poultry and eggs that are properly handled and cooked.

Will the seasonal influenza shot protect me against Pandemic Influenza?

- No, it won't protect against pandemic influenza.
- A vaccine for a pandemic influenza virus will be different than the influenza shot that people get every winter.
- Once a pandemic begins and the exact virus is identified, it will take about 6 months to develop, test, and begin producing a vaccine for the pandemic influenza virus.

Has a Pandemic Influenza occurred before?

- Yes, influenza pandemics typically occur every 25-35 years.
- Pandemics in the 20th century include:
 - ◊ 1918-Spanish Influenza
 - ◊ 1957-Asian Influenza
 - ◊ 1968-Hong Kong Influenza
 - ◊ 1988-Swine Influenza

What is the Juneau County Health Department doing to prepare for Pandemic Influenza?

- Working closely with the Wisconsin Division of Health to monitor influenza at the local, state, and national level.
- Developed a pandemic plan to respond to an influenza pandemic or public health emergency.
- Developed a plan to provide the residents of Juneau County with information about public health emergencies including pandemic influenza.
- Developed a Containment Plan to minimize the spread of pandemic influenza in the county.
- Prepared to conduct a mass clinic to vaccinate or provide medication to county residents in a timely manner in the event of a pandemic, if and when it is appropriate.
- Working closely with local health care providers, emergency management, and community partners.

Would an Influenza Pandemic affect my life?

- Everyday life could be disrupted due to people in communities across the country becoming very ill at the same time.
- These disruptions could include everything from school and business closings, to interruption of basic services such as public transportation and health care.
- An influenza pandemic could lead to high levels of illness, death, social disruption, and economic loss.
- Plan for the possibility that usual services, such as those provided by hospital and other health care facilities, banks, stores, restaurants, government offices, and post offices could be disrupted because many employees could be too sick to work.