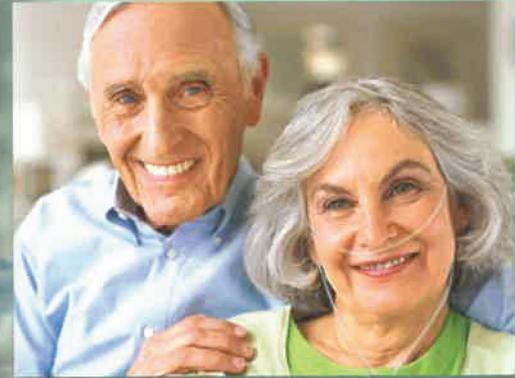


# How people with disabilities or special needs can **Prepare for Pandemic Flu**



Cut on dashed line. ✂

Post this information near a telephone.

**Health-care provider**

Name \_\_\_\_\_

Phone \_\_\_\_\_

**Emergency contacts**

Name \_\_\_\_\_

Phone \_\_\_\_\_

Name \_\_\_\_\_

Phone \_\_\_\_\_

**Local public health department**

Phone \_\_\_\_\_

**Police/sheriff**

Phone \_\_\_\_\_

**Fire**

Phone \_\_\_\_\_

**Emergency medical services**

Phone \_\_\_\_\_

**Local emergency management office**

Phone \_\_\_\_\_

**Local utilities**

Phone \_\_\_\_\_

Phone \_\_\_\_\_

**Medical equipment supplier**

Name \_\_\_\_\_

Phone \_\_\_\_\_



**prepare  
pandemic.**

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work for you.

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**lanning today!**

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## Pandemic flu is not the same as seasonal flu or avian flu.



### Seasonal flu:

- goes around each year, usually in fall and winter
- is not a totally new virus
- generally affects fewer people than pandemic flu (because the virus is not totally new, people may already be immune)
- may be prevented with a yearly flu shot
- puts fewer people at risk for serious or deadly health problems.

Seasonal flu can cause serious complications in some people. It leads to about 36,000 deaths in the U.S. each year.

### Avian flu (or “bird flu”):

- occurs naturally in birds
- could be the source of the next pandemic, if a bird flu virus changed so it could easily infect people.

Experts are watching the H5N1 avian flu virus. This has some potential to cause a pandemic. In Asia, it has caused serious outbreaks in domestic birds (such as chickens and ducks). It has also spread to birds outside Asia. In some cases, other kinds of animals were infected.

The H5N1 virus has also infected some people. But almost all had direct contact with infected birds. So far, it has **not** spread easily from person to person.

### During a flu pandemic:

- Many people—at least 20% of the population—could become sick.
- Services may be disrupted. These include schools, transportation, utilities, police, fire and medical care. Workplaces may be understaffed because workers are sick or absent.
- Community resources may be overburdened. For example, hospitals may be overwhelmed by the number of people needing care. Businesses, including grocery stores, may run out of supplies.
- Public gatherings—such as entertainment events, meetings and religious services—may be canceled to prevent the spread of disease.



**What assistive equipment (such as mobility or communication devices) do I rely on? How are they powered (if they need power to operate)?**

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**What care do any pets or service animals require?**

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**Do I have any special dietary needs that require keeping certain foods on hand?**

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**What methods of transportation (or delivery) do I rely on?**

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**What health facilities do I go to (and do I know of a backup if needed)?**

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**Write who will help you in the event of a flu pandemic and what each person will do. (Include at least 1 person from out of town).**

**Name** \_\_\_\_\_  
Phone number(s) \_\_\_\_\_  
Address \_\_\_\_\_  
E-mail address \_\_\_\_\_  
Responsibilities \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Name** \_\_\_\_\_  
Phone number(s) \_\_\_\_\_  
Address \_\_\_\_\_  
E-mail address \_\_\_\_\_  
Responsibilities \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Name** \_\_\_\_\_  
Phone number(s) \_\_\_\_\_  
Address \_\_\_\_\_  
E-mail address \_\_\_\_\_  
Responsibilities \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Name** \_\_\_\_\_  
Phone number(s) \_\_\_\_\_  
Address \_\_\_\_\_  
E-mail address \_\_\_\_\_  
Responsibilities \_\_\_\_\_  
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Phone number(s) \_\_\_\_\_  
Address \_\_\_\_\_  
E-mail address \_\_\_\_\_  
Responsibilities \_\_\_\_\_  
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Address \_\_\_\_\_  
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**Name** \_\_\_\_\_  
Phone number(s) \_\_\_\_\_  
Address \_\_\_\_\_  
E-mail address \_\_\_\_\_  
Responsibilities \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



### **Prepare to stay informed.**

- Have a battery-powered (or hand-cranked) radio—or text radio if you are hard of hearing.
- Consider getting a TV with a battery option (and captioning features, if needed).
- Arrange for someone to keep you informed in person, if needed. Be sure the person has access to reliable information.

To be ready for other types of emergencies (such as natural disasters), ask your local emergency management office what signals your community uses and what they sound like.

### **Have an emergency contact who lives outside your area.**

If services are cut off, it may be easier to contact someone outside your area.

- Ask this person to be the contact for you, your loved ones and your support network.
- Give everyone in your support network the contact person's phone number and e-mail address.

### **Also learn about emergency procedures for services you use.**

For example, you may need to know about emergency procedures for your:

- building, if you live in an apartment building or assisted-living facility
- home health-care provider
- medical facility (if you go there for routine treatment, for example)
- transportation service
- delivery service for food or medical supplies.

**Remember to share all this information with members of your support network.**

# Medications information

Complete this form with the help of your health-care provider and/or pharmacist.

## Medication Form

### Medication storage instructions

Medication name: \_\_\_\_\_

How to store it/how much to stock: \_\_\_\_\_

Medication name: \_\_\_\_\_

How to store it/how much to stock: \_\_\_\_\_

Medication name: \_\_\_\_\_

How to store it/how much to stock: \_\_\_\_\_

Medication name: \_\_\_\_\_

How to store it/how much to stock: \_\_\_\_\_

### Copies of prescriptions are located in my:

wallet/purse

home emergency supply kit

transport vehicle/automobile

portable emergency supply kit

other: \_\_\_\_\_

other: \_\_\_\_\_

### Instructions if I am unable to take essential medications, possibly for several days:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Vitamins and/or other medications to take with me if I have to leave:

Name/dosage: \_\_\_\_\_

Name/dosage: \_\_\_\_\_

Name/dosage: \_\_\_\_\_

## My service animal/pet care plan

### Veterinarian

Name: \_\_\_\_\_ Phone number: \_\_\_\_\_

Address: \_\_\_\_\_

Hours: \_\_\_\_\_ Emergency phone number: \_\_\_\_\_

### Backup veterinarian

Name: \_\_\_\_\_ Phone number: \_\_\_\_\_

Address: \_\_\_\_\_

Hours: \_\_\_\_\_ Emergency phone number: \_\_\_\_\_

### Backup caregivers

Name: \_\_\_\_\_ Phone number: \_\_\_\_\_

Name: \_\_\_\_\_ Phone number: \_\_\_\_\_

### Caregiver instructions

Pet/service animal name: \_\_\_\_\_ Pet/service animal name: \_\_\_\_\_

Food instructions: \_\_\_\_\_ Food instructions: \_\_\_\_\_

\_\_\_\_\_

Medication instructions: \_\_\_\_\_ Medication instructions: \_\_\_\_\_

\_\_\_\_\_

Other: \_\_\_\_\_ Other: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## Antiviral medications may help treat or prevent the flu

by helping to:

- reduce symptoms in infected people
- make infected people less contagious
- decrease the risk of flu in healthy people who are exposed to infected people.

These medications are available only by prescription.

## Antiviral medications for possible pandemic flu viruses

are being developed. The government is also stockpiling existing antivirals in case they will work against the next pandemic flu virus. (Not all antivirals work against all viruses.)

## It's not advised to stock your own antiviral medications

in order to prepare for a flu pandemic. Here's why:

- It depletes the supply, so the medication may not be there for those who need it most.
- The medication may not work against that virus.
- The medication may not work if it's not stored properly.
- Medications should only be taken with a health-care provider's OK—to avoid serious side effects.

## Vaccines and medications may be in short supply

during a pandemic. They may go first to those who need them most. Highest priority may go to:

- people who perform essential services, such as health-care providers and public safety workers
- people at higher risk for serious health problems if they get the flu (see page 24).

## During a pandemic, it's important to cooperate

with any decisions officials make. It helps protect everyone as much as possible.

**Be sure to talk to your health-care provider about your needs in a pandemic. Stay informed about where to get a vaccine and/or antiviral medications during a pandemic in your community.**

# Review your plans every 6 months.

It's important to practice your plans and keep them current.



## Talk with your family and support network:

- Go over your plans and instructions.
- Ask questions, to check if they still know what to do.
- Talk about any concerns. For example: Do the plans seem realistic? Are any changes needed?

## Also remember to:

- Update your emergency kits.
- Review medical forms. Give out updated copies as needed.
- Stay aware of local and other preparations. Contact the sources listed on page 30.

Keep a record to help keep your updates on track. Write the date that you should do each update. Check each item as you complete it.

**Date:** \_\_\_\_\_

- family/support network
- medical forms
- emergency kits
- local/other preparations

**Date:** \_\_\_\_\_

- family/support network
- medical forms
- emergency kits
- local/other preparations

**Date:** \_\_\_\_\_

- family/support network
- medical forms
- emergency kits
- local/other preparations

**Date:** \_\_\_\_\_

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**Date:** \_\_\_\_\_

- family/support network
- medical forms
- emergency kits
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**Date:** \_\_\_\_\_

- family/support network
- medical forms
- emergency kits
- local/other preparations



## Know how the flu virus spreads—and how to keep it from spreading:

### The virus spreads mainly through coughs and sneezes.

These can spray droplets through the air and:

- into noses and mouths of people nearby
- onto surfaces that people touch before touching their nose, mouth or eyes.

### It can spread before any symptoms show.

Flu symptoms may take a day or so to show up. A person may not know he or she has the flu, but could still pass it to others.

### Cover coughs and sneezes.

- Use a tissue. (If you don't have one, use your upper sleeve—not your hands.)
- Throw the tissue away. Then wash your hands well (see page 26).
- Try to stay at least 6 feet away from others if you are coughing and sneezing—or if they are.

### Be careful around people who are sick.

To prevent germs from getting into your body:

- Don't touch your eyes, nose or mouth.
- Clean your hands often.

### If you're sick, stay home.

As much as you can, keep your distance from others until you're well again. Have sick children stay home, too. (For information on treating the flu, see page 29.)

### If a flu pandemic occurs, consider using:

- a medical face mask if you can't avoid being in a crowded setting
- a medical face mask if you have the flu and can't avoid close contact with people
- an N95 respirator if you're well and must have close contact with someone who has the flu (respirators aren't right for everyone—ask your health-care provider).

Follow instructions for proper fit, use, removal and disposal. Face masks and respirators do not take the place of hand washing, not touching your mouth, nose or eyes, and staying home if you're sick. Spend as little time as possible in crowds or with someone who has the flu.



## Practice food safety, too.



### Handle raw meat and poultry with care.

To help avoid the germs that may be in meat:

- Wash your hands well before and after touching raw meat.
- Store and prepare raw meat separately from other foods.
- Use a separate cutting board for raw meat. Wash the board and utensils thoroughly with soap and hot water after using. You can also disinfect the board with a mild bleach solution.
- Keep raw meat juices from touching anything that will not be cooked, such as raw fruits or foods that are already cooked.

### Cook poultry and eggs thoroughly.

To destroy any germs (including the flu virus, if it's present):

- Cook poultry to at least 165° F. Use an internal thermometer.
- Cook eggs until whites and yolks are firm.

### Find out more.

You can learn more about food safety from the USDA Food Safety and Inspection Service at:

- [www.fsis.usda.gov](http://www.fsis.usda.gov)
- 1-888-MPHotline (1-888-674-6854)
- 1-800-256-7072 (TTY).

### Use precautions around animals.

It's possible to catch flu germs from an infected bird, pig or other animal. U.S. poultry producers are working to keep domestic birds healthy. To be as safe as possible:

- Report sudden deaths or signs of sickness in domestic birds (such as ducks, chickens, turkeys and geese). Call your local cooperative extension office or the USDA at 1-866-536-7593.
- Don't touch or get close to wild animals.



## Being ready can make a big difference

for your peace of mind now and your well-being if a pandemic occurs.

### **Know about pandemic flu**

and its possible impact on your life and community.

### **Assess your needs**

so you can be ready if a pandemic occurs.

### **Make a plan**

that will meet your unique needs. Involve others.

### **Review and update your plan**

every 6 months.

### **Take steps to prevent the flu**

—get a yearly flu shot if advised by your health-care provider, make efforts to stop the spread of flu and keep up healthy habits.

**It's worth it to be prepared!**