

**Are You Ready?  
Be Prepared for a Pandemic  
Influenza Outbreak**

**Satellite Conference and Live Webcast**

**Wednesday, December 6, 2006**

**2:00 - 4:00 p.m. (Central Time)**

Produced by the Alabama Department of Public Health  
Video Communications and Distance Learning Division

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**Program Objectives**

- Educate Alabama Department of Public Health employees on the possibility of a pandemic influenza.
- Identify infection control measures to be able to minimize the spread of influenza.
- Review the main components of an individual and family pandemic influenza preparedness checklist.

**Program Objectives**

- Discuss home care instructions during a pandemic.
- Review over-the-counter medicines that might be needed during a pandemic.
- Explain anti-viral drugs, vaccines and contraindications.

**Program Objectives**

- Review updated Strategic National Stockpile Plan which includes vaccines.
- Describe the Alabama Department of Public Health's Continuity Of Operation Plan during an emergency.

## Background

- December 2005, President Bush allocated \$7 billion for pandemic influenza planning.
- February 22, 2006, HHS Secretary Michael Leavitt, Governor Riley, and Dr. Williamson held a statewide summit.

## Background

- April 2006, Phase I money received in Alabama.
- September 2006, Phase II money received in Alabama.
- August 2009, all pandemic planning must be completed.

“Any community that fails to prepare, with the expectation that the federal government or, for that matter, the state government will be able to step forward and come to their rescue at the final hour, will be tragically wrong, not because the government will lack a will, not because we will lack a collective wallet, but because there is no way that you can respond to every hometown in America at the same time.”

Secretary Michael Leavitt  
April 20, 2006



## What is a Pandemic?

- No immunity to virus.
- Transmits easily from person-to-person.
- Large increase in illness and deaths.

## 1918 Pandemic in Alabama

- 9/28/1918 - 1st AL case was in Huntsville.
- 10/05/1918 - > 1100 cases in Huntsville.
- 10/07/1918 - Gov “closing of schools, churches, theatres and picture shows....”
- 10/13/1918 - 2367 cases at Camp Sheridan (outside Montgomery)

## 1918 Pandemic in Alabama

- 10/13/1918 - All but one, physicians, druggists and prescription clerks in Huntsville ill
- 10/15/1918 - Huntsville: Business demoralized; USPS crippled; Alabama Power having difficulty finding employees; Business ordered to curtail hours of operation
- 10/22/1918 - 12,000 cases reported in Montgomery

## Cumulative Number of Confirmed Human Cases of H5N1

13 November 2006

Country	2003		2004		2005		2006		Total	
	cases	deaths								
Azerbaijan	0	0	0	0	0	0	8	5	8	5
Cambodia	0	0	0	0	4	4	2	2	6	6
China	1	1	0	0	8	5	12	8	21	14
Djibouti	0	0	0	0	0	0	1	0	1	0
Egypt	0	0	0	0	0	0	15	7	15	7
Indonesia	0	0	0	0	19	12	55	44	74	56
Iraq	0	0	0	0	0	0	3	2	3	2
Thailand	0	0	17	12	5	2	3	3	25	17
Turkey	0	0	0	0	0	0	12	4	12	4
Viet Nam	3	3	29	20	61	19	0	0	93	42
Total	4	4	46	32	97	42	111	75	258	153

## World Health Organization (WHO) Phase of Pandemic Alert

Inter-pandemic phase	Low risk of human cases	1
New virus in animals, no human cases	Higher risk of human cases	2
	No or very limited human-to-human transmission	3
New virus causes human cases	Evidence of increased human-to-human transmission	4
	Evidence of significant human-to-human transmission	5
Pandemic	Efficient and sustained human-to-human transmission	6

## HHS Federal Planning Assumptions

- Attack rate 30% or higher
  - 40% school-aged children
  - 20% working adults
- 1/2 of ill will seek care
- Plan for most severe
- Virus spreads up to 2 days before symptoms

## HHS Federal Planning Assumptions

- Viral Shedding
  - One day before - 5 days after onset
  - Highest two days of onset
  - Children shed more
- One sick person will make two sick
- Outbreaks 6-8 weeks
- Multiple waves

## Absenteeism Up to 40%

- Illness
- Fear of infection
- Care provision
- Plus public health recommendations
  - Voluntary isolation
  - Voluntary quarantine
  - Social distancing

## Forecasted Impact of Pandemic Influenza

Characteristic	Alabama	
	Moderate (1958/68-like)	Severe (1918-like)
Illness (30%)	1.35 million	1.35 million
Outpatient Medical Care (50%)	675,000	675,000
Hospitalization	12,975	148,500
ICU care	1,931	22,275
Mechanical ventilation	973	11,183
Deaths	3,135	28,545

### **Vaccine and Antivirals**

- With current technology, vaccine will not be available for at least 6-months after the PI strain identified and then only for priority groups.
- In 2008, U.S. will have enough antivirals for 25% of the U.S. population in a priority group.

### **Individuals and Families Checklist**

- Stockpile
  - Food and water
  - Drugs
    - Prescription
    - Non-prescription

### **Individuals and Families Checklist**

- Family members
  - What do they need if they get sick?
  - How would you care for them at home?
- Train
  - Cough etiquette
  - Stay home if sick

### **Trivia Pursuit**

- Sneeze and cough droplets travel at 120 miles per hour.
- Influenza virus lives on hard surfaces for 48 hours.
- Average person touches their face 400 per day.

### **Wash Hands, Respiratory Hygiene and Cough Etiquette**

- Wash hands
  - Basic soap and water
  - Alcohol-based hand gel
  - After coughing or sneezing
  - Minimize touching eyes and nose
- Cover nose and mouth when coughing or sneezing
  - Proper use and disposal of tissues
  - No tissue; use sleeve, not hands

### **Masks**

- Limited evidence they work, but they will not hurt
- N-95 mask or surgical mask
  - Direct patient care
  - Coughing patients
  - Coughing citizens
  - Well citizens

### **Voluntary Isolation, Quarantine, and Social Distance**

- Stay home when sick
- Stay away from sick people
- Choose to stay away for large gatherings:
  - Sporting events
  - Churches
  - Shopping malls
  - Office buildings
  - Public transportation

### **Roles and Responsibilities**

- Public health
  - Limit spread
  - Establish an exercise plan
  - Integrate all sectors
  - Identify key spokespersons
  - Establish stockpile and distribution systems
  - Educate the public
  - Report to CDC progress

### **ADPH Vision**

Postpone and minimize the impact of pandemic influenza in Alabama.

### **ADPH Mission**

Ensure every Alabama citizen is aware of, planning for and preparing for the possibility of pandemic influenza (PI).

Ensure every county/community is self-sufficient during a pandemic.

### **ADPH Local Activities**

- Convene a PI preparedness committee
- Conduct a PI summit
- Exercise some part of the plan
- After-action report within 60 days
- Report progress bimonthly on the HHS state and local checklist

### **Pandemic Influenza Is More Than A Health Issue**

- Economic
  - Affect critical infrastructure
  - Business response and recovery
- Social
  - Increase in social and welfare support

### **Pandemic Influenza Is More Than A Health Issue**

- Political
  - Crisis communications
  - Elected official spokesperson
  - For example, New York City and New Orleans

## Questions?

To find out more information go to  
[www.pandemicflu.gov](http://www.pandemicflu.gov),  
[www.adph.org/pandemicflu](http://www.adph.org/pandemicflu) or  
talk to your Area EP Team.

## Individual and Family Preparedness

You Health is in Your Hands

## How You Can Prepare for a Flu Pandemic

- We can all help prepare for a flu pandemic
- Steps you can take:
  - Understand how flu spreads
  - Learn how to help prevent infection
  - Practice healthy habits
  - Prepare an emergency plan
  - Stay informed
  - Prepare to cooperate

## Understand How Flu Spreads

- Flu germs spread mainly by droplets through the air and:
  - Into the mouths or noses of people nearby.
  - Onto surfaces that people touch before touching their eyes, nose or mouth.

## Learn How to Prevent Infection

- How can you protect yourself and your family members?
  - Keep your distance
  - Stay at least 3 feet from others who are sick
  - Stay at home when sick
  - Cover your coughs and sneezes properly

## Practice Healthy Habits

- Cover your cough and sneeze with a tissue, not your hands.
- If no tissue, cough or sneeze into your upper sleeve.
- Immediately wash your hands.
- Disinfect shared objects and common areas.
- Don't share personal items.
- Teach children to practice healthy habits.

## Practice Healthy Habits Wash Your Hands

- Wet hands with warm water.
- Lather hands with soap.
- Scrub hands together for at least 20 seconds.
- Rinse hands thoroughly.
- Dry hands completely.
- Alcohol-based hand sanitizers can substitute for soap and water.

## Prepare an Emergency Plan

- Stockpile supplies for at least 2 weeks
- Rotate your stock
- For more information on creating an emergency plan, go to:
  - [www.pandemicflu.gov](http://www.pandemicflu.gov)
  - [www.ready.gov](http://www.ready.gov)



## Stay Informed

- Being up-to-date is just as important as being prepared
- Visit reliable websites:
  - [www.pandemicflu.gov](http://www.pandemicflu.gov)
  - [www.adph.org/pandemicflu](http://www.adph.org/pandemicflu)

## Stay Informed

- Check other news outlets
  - Television news reports
  - Radio news reports
  - Newspaper and magazine articles
- Hotlines will also be available
  - ADPH, Center for Emergency Preparedness hotline: 1-866-264-4073

## Be Prepared to Cooperate

- Get involved in pandemic flu planning with your church or a community organization in your neighborhood.
- “Common-good” decisions may be made by state or local officials.
  - Hygiene measures
  - Limit public gatherings
  - Stay at home
  - Limit travel
  - Close businesses

## Review

- Understand how flu spreads
  - Learn how to help prevent infection
  - Practice healthy habits
  - Prepare an emergency plan
  - Stay informed
  - Prepare to cooperate
- "Your Health is in Your Hands"

### **OTC Medications for Home Use During a Pandemic**

- Same or similar to normal home preparedness
  - Pain and fever
  - Skin problems
  - Nose and eye
  - Diarrhea
  - Cough and cold/allergy symptoms
  - Special needs

### **Pain and Fever**

- Acetaminophen
- NSAID

### **Skin**

- Moisturizers
- Fungal infection
- Rash
- Other

### **Nose and Eye**

- Drops for each
- Antihistamines for excessive discharge
- Check ingredients for duplications

### **Stomach Problems**

- Diarrhea
- Antacids
- Other

### **Cough and Cold**

- Similar to nose and eye
- Cough syrup/expectorant with and without DM
- Children and adult

### **Special Needs**

- Individualize to your personal situation

### **Prescription Drugs for Personal Use**

- Plan ahead
- Discuss with your pharmacist

### **Prescription Drugs for Personal Use**

- Maintenance drugs
  - 75% filling rule
  - Vacation supplies
  - Insulin
- Discuss with your pharmacist

### **SNS**

- Available on request from state health officer or governor
- Plan includes vaccines and antivirals

### **Pandemic Influenza Vaccination**

- No vaccines for pandemic influenza
- Only antivirals

### **Antivirals and SNS**

- Oseltamivir and Relenza
- State stockpiles
- SNS

## Antiviral "Stockpile"



## Tamiflu



## Oseltamivir in State Stockpile

- Pre-distributed to health departments prior to event for public health care employees
- Pre-distributed throughout the state in strategic locations for general dispensing
- Dispensed in mass dispensing or PODs
- Available also from SNS
- Not under SLEP program

## Antiviral Oseltamivir

- Treatment or prophylaxis - both types of flu
- Reduce sick time
- May reduce risk of spreading
- Children under one year consult physician

## Oseltamivir

- Dose
  - Full or empty stomach
  - One capsule x five days for treatment
  - One capsule daily for ten days for prophylaxis
    - Benefit ends when you stop taking it

## Antiviral Oseltamivir

- Cautions
  - Decreased kidney function
  - Heart disease
  - Liver disease
  - Breast feeding
  - Pregnancy
  - Lung disease
  - Allergy to any component
- Interactions with other drugs - no known at present time

### **Antivirals Oseltamivir Side Effects**

- Uncommon and not severe
- Minor:
  - Cough, dizziness, N&V, headache, sleeplessness
- Report to physician stat:
  - Difficulty breathing or shortness of breath
  - Infection and inflammation of the sinuses
  - Skin rash

### **Oseltamivir Pediatrics**

- Dosage charts available
- Side effects – less than 1%
- Suspension available, not yet in state stockpile
- Can be compounded
- Dosage and compounding charts available

### **Prepare for Home Care**

Your Health is in Your Hands

During an influenza pandemic, healthcare providers may not be available for obtaining medical advice and receiving medical care.

### **Alabama Department of Public Health Healthcare Sector Activities**

- Working with the medical community
  - Standard of care issues
  - Medical triage procedures
  - Educating the community

### **As an Employee and a Citizen You Need to**

- Get a kit
- Make a plan
- Be informed

### **Get a Kit for Home Care Pandemic Flu Caregiving Supplies:**

- Thermometer
- Soap
- Box of disposable gloves
- Acetaminophen
- Ibuprophen
- Bleach

### **Get a Kit for Home Care Pandemic Flu Caregiving Supplies:**

- Alcohol-based hand sanitizer
- Paper towels
- Tissues
- Surgical masks (one for each person)
- Sugar, baking soda, salt, salt substitute

### **Make a Plan for Home Care Recognize Pandemic Flu Symptoms**

- Watch for these symptoms:
  - Fever
  - Cough
  - Runny nose
  - Muscle pain
- A person with these symptoms should:
  - Stay home
  - Consider wearing a mask

### **Make a Plan for Home Care Care for a Loved One with the Flu**

- A person recovering from flu should have:
  - Rest and plenty of liquids
  - No alcohol or tobacco
  - Medications to relieve flu symptoms

### **Make a Plan For Home Care When to Seek Medical Care**

- Seek medical care if you have the flu with the following:
  - Heart or lung disease
  - Any chronic condition that requires regular medical attention
  - Low immune system

### **Make a Plan For Home Care When a Household Member is Sick**

- Keep everyone's personal items separate.
- Wear disposable gloves when in contact with or cleaning up body fluids.
- One person should be the caregiver. He or she may benefit by wearing a mask when giving care.

### **Make a Plan For Home Care When a Household Member is Sick**

- It is okay to wash everyone's dishes and clothes together
- Disinfect door knobs, switches, handles, toys and other surfaces commonly touched
  - Disinfectant: Nine parts water to one part bleach or one gallon water and 1/4 cup bleach
    - Mix a fresh batch daily

### **Make a Plan For Home Care Managing the Flu in Children**

- Take temperature and keep a record.
- Check medication packaging for dosage requirements and additional instructions.
- Use acetaminophen or Ibuprofen for fever or muscle pain.
- Do not give aspirin or any products containing aspirin, to children under 18 years of age.

### **Make a Plan For Home Care Managing the Flu in Children**

- Dress the child in lightweight clothing and keep the child at room temperature.
- Offer water or juice or breast feed often while the child is awake.
- Do not use cool baths or alcohol rubs.
- Encourage the child to rest.

### **Make a Plan For Home Care Managing the Flu in Children**

- Use saline nose drops for stuffy nose or cough.
- Use a humidifier, except with asthmatic children.
- Elevate the head of the bed; infants may be more comfortable in a car seat or baby swing.
- Treat other symptoms with OTC medications if needed.

### **Make a Plan For Home Care Managing the Flu in Children**

- Immediately seek care with:
  - An infant younger than 2 months old with fever, poor feeding, urinating less than times per day or other signs of illness.

### **Make a Plan For Home Care Prevent Dehydration**

- In addition to plenty of liquids, give ice and light, easily digested foods, such as soup and broth.
- If drinking liquids makes nausea worse, give one sip at a time until your loved one can drink again.

### **Make a Plan For Home Care Prevent Dehydration**

- With diarrhea or vomiting, give fluids that contain electrolytes.
  - Electrolyte drink:
    - 1 quart water
    - 1/2 tsp. baking soda
    - 1/2 tsp. table salt
    - 3 to 4 tbsp. sugar
    - 1/4 tsp. salt substitute
  - Mix well and flavor with lemon juice or sugar-free
  - Kool-Aid

### **Make a Plan For Home Care Reduce Fever**

- Give plenty of fluids.
- Give fever-reducing medication.
- Keep a record of your loved one's temperature.
- To relieve discomfort, give a sponge bath with lukewarm water.

### **Make a Plan For Home Care When to Seek Medical Care**

- Immediately seek care with:
  - Difficulty breathing, fast breathing, or bluish color to the skin or lips.
  - Coughing up blood.
  - Signs of dehydration and cannot take enough fluids.
  - No response, inappropriate communication, or confusion.

### **Make a Plan For Home Care When to Seek Medical Care**

- Immediately seek care with:
  - Complaint of pain or pressure in the chest
  - Convulsions (seizures)
  - Is getting worse again after appearing to improve

### **Be Informed For Home Care**

- Being up-to-date is just as important as being prepared.
  - [www.adph.org/pandemicflu](http://www.adph.org/pandemicflu)
  - [www.ready.gov](http://www.ready.gov)
  - [www.pandemicflu.gov](http://www.pandemicflu.gov)
  - Local community organizations

### **COOP Continuity Of Operations**

- **PURPOSE:** Our goal is to be prepared to implement measures that will assure continued public health operations in the face of a major event that disrupts the normal workplace and/or chain of command.

### **COOP**

- A number of situations could affect the Department's ability to conduct normal operations.
  - Hazards such as storms, floods, fire, and broken water lines.
  - Extraordinary events such as a pandemic disease outbreak or terrorist attack.

### **COOP**

- Such events pose hazards that require pre-planning and practice to ensure that the Department can continue to function and protect public health. The COOP Plan will provide guidance and policy to ensure the execution of essential functions in the event that operations are threatened.

### **COOP**

- The ADPH Continuity of Operations (COOP) Plan will be executed when critical resources, which are essential to the conduct of normal business of the department, are unavailable.
- COOP covers all employees of the Department.
- COOP will be initiated by the State Health Officer or his designee.

### **COOP**

- Resources:
  - Personnel
  - Data
  - Equipment/supplies
  - Facility

### **COOP**

- Planning considerations: The COOP Plan must address facility use.
  - Facility compromised and cannot be utilized.
    - Facility is damaged or impaired so severely that the resources and floor space are unavailable for practical use.
    - Alternate workplace, communications and data services must be used.
    - Examples include fire, flood, contamination by a biological, chemical, or radiological agent.

### **COOP**

- Facility available but cannot be fully utilized.
  - Facility and systems are sound, but cannot be used by most employees.
  - Modified use of facility and alternate workplace, communications, and data services must be used.

## COOP

- **Planning considerations:** The COOP Plan must address both short-term and long-term situations.
- The ADPH will use < 7 days and >7days for planning purposes.
- For example, in a short-term situation, there may be functions which are totally suspended; whereas in a long-term situation, a re-engineered way to perform a specific function may be needed.

## COOP

- A major focus is to provide an infrastructure of redundant resources that will be available for deployment.

## COOP

- COOP is driven by:
  - Essential functions - The emergency public health functions which must be maintained during an event.
  - Accessibility and availability of normal resources.
  - Accessibility and availability of alternate resources.
  - Nature of the event.

## COOP

- Order of succession.
  - As a general rule, division level directors and above must name a primary and two alternates for their position if they are not available for duty.
  - Designation will be made in the Notes ADPH Address Book under the “Other” tab, “COOP”.

## COOP

- As a general rule, every budget unit must develop a COOP emergency function plan that addresses facility use and both short-term and long-term situations. It must be entered into the Lotus Notes COOP database and answer the following basic questions.
  - What functions are maintained?
  - Who works and who is on standby?
  - How do they work?
  - Where do they work?

## Lotus Notes COOP Database

The screenshot shows a Lotus Notes form titled "CONTINUITY OF OPERATIONS PLAN". The form includes the following fields and sections:

- Bureau/Office:** A text field.
- Director:** A text field.
- Responsible Person:** A text field.
- Alert Procedure:** A text field with a note "(Attachments can be added to this field)".
- Primary WorkPlace / Alternate WorkPlace:** Two text fields.
- Short Term / Long Term:** Two tabs for selecting the time frame.
- Primary Workplace Available/Short Term (less than 7 days):** A table with columns for Function, Location, and Position. The table contains several rows of data.
- IT Support Required:** A text field.
- Comments:** A text area.
- Attachments:** A field for adding files.

### **COOP Plan – The Who, What, Where, When, and How**

- COOP Workshop
  - Lotus Notes COOP
  - Plan templates: Essential Functions, Order of Succession, Resource Planning, Alternate Work Sites, etc.

### **COOP Plan – The Who, What, Where, When, and How**

- COOP Planning Guidelines and Considerations
  - Short-term planning guides
    - Example: Cease all but essential functions, staff on standby
  - Long-term planning guides
    - Example: PI Considerations:
      - Social distancing strategies (teleconferencing, shifts, working from home, alternate work sites)
      - Limited staff available

### **Upcoming Programs**

**Packaging and Shipping of UN 3373,  
Biological Substances**

**Thursday, December 7, 2006  
1:00 - 3:00 p.m. (Central Time)**

**For complete list of upcoming  
programs our website:  
[www.adph.org/alphtn](http://www.adph.org/alphtn)**