

Personal Pandemic Preparedness:
An Individual and Family Discussion Exercise
Instructions

1. Present slides 1-8 and stop on slide 9 of the Personal Pandemic Preparedness: An Individual and Family Discussion Exercise .ppt
2. Ask the entire group to read pages 1 and 2 and answers personally page 3. Give them about 10 minutes.
3. Tell them page 8 is for notes to prepare their families
4. Review the questions and answers
5. Divide the group into 3 sections to discuss:
 - a. Family Plans
 - b. Stockpiling
 - c. Home care
6. Give each section a page to complete working as a group. Use pages 4-6
7. Tell the groups that if they have any questions to raise their hand. You will be walking around to answer the questions.
8. Give the group 15-20 minutes to discuss
9. Begin reading the questions and asking for their answers.
10. Anyone from any section can answer the questions.
11. If time and interest, review the questions on page 7.

Personal Pandemic Preparedness: An Individual and Family Discussion

Pandemic Impact

United States

- Expect 200,000-2 million deaths
- Expect 1-10 million hospitalized
- Pervasive absenteeism
- Absenteeism will impair essential services, healthcare, public safety, power, food supply, transportation and communications.
- Significantly weakened economy and national security
 - 5% GDP loss
 - \$600 million national income loss
- Spread of transmissible virus within weeks/months
- 30% Illness/infection rate
- Substantial percentage requiring medical care
- Long lead time to overcome inadequate quantities of medical/non pharmaceuticals supplies
- Undetermined fatality rate

Assumptions in Alabama

- Public and private transportation have not been able to maintain their daily routes due to a high volume of absenteeism.
- Pharmacies and drug stores have run out of antiviral medications and are unsure if any additional deliveries will be made for the foreseeable future.
- When gasoline is available, it has soared to more than \$15 per gallon.
- Public utilities, gas, water and electricity has been severely hampered by high absenteeism.
- Hospitals and outpatient clinics are completely overwhelmed and are unable to handle any additional patients.
- Many businesses are allowing their employees to telecommute as part of their influenza pandemic response plan and personal internet access is unavailable due to the extremely high demand.

Assumptions in Community

- The county health department has notified the local media of widespread cases of the pandemic influenza virus.
- There has been a rush on grocery stores and there is little to no food available for residents of the community to purchase.
- The local media has reported that there have been several public disturbances at almost all health care facilities due to families seeking care for loved ones and being turned away.
- The local school district has closed all of its schools until the current health emergency has past.

- Numerous utility outages have been occurring for a few hours to several days. It is estimated that only 60%-70% of public utilities can be provided by locally:
 - Electrical Power
 - Natural Gas
 - Sanitary Sewer
 - Municipal Water
 - Cellular Service
 - Many law enforcement personnel, police officers and sheriffs have become infected with flu and have issued a 10:00PM until 6:00AM curfew.
 - Postal service mail has not been delivered for 3 weeks
 - The community's morgue is full, the coroner and the medical examiner are overwhelmed and cannot accept any additional bodies for several days.
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Discussion Questions Categories

Family Plan

- Child Care
- Parents
- Pets

Stockpile

- Food and water
- OTC prescription

Medical Care

- Prescription
- Home Care

Discuss Questions

Family Plan

1. Has your family ever discussed pandemic influenza?

Yes	No
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2. List the agencies and organizations that your family has or could seek help for influenza pandemic planning and preparedness activities and why you have chosen them.

Organization	Why

3. Which personal infection control activities should all family members be involved?

Personal Infection Control Activities	Yes	No
Washing your hands		
Stay at least 6 feet away from sick people		
Purchase surgical or N95 masks		
Covering coughs and sneezes		
Stay home from work or school if sick		

4. What kinds of items should be included in your family’s emergency supply kit for influenza pandemic?

Food	Yes / No	Waterproof Containers	Yes / No
Medical Gloves	Yes / No	Work Gloves	Yes / No
Alcohol	Yes / No	Hand Sanitizer	Yes / No
Tarps	Yes / No	Thermometer	Yes / No
Candles	Yes / No	Flashlight	Yes / No

Additional Items

5. What is your family communication plan if the phone, internet and cell services are disrupted?

Child Care Plan

6. Do you have child care plans during a pandemic?

Yes	No
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Your family has two children in elementary school and school has been canceled for an undetermined length of time. Your spouse is considered essential staff at work and does not know when they will be home. ADPH has called you to volunteer locally at an alternate care site.

7. Do you have a trusted friend or relative to watch to children while you volunteer?

Yes	No
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8. What will happen if both you and your spouse get sick at the same time? Who will care for the children?

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Parent Care Plan

9. If you are responsible for your elderly parents and their current living arrangements were suddenly changed, do you have a plan?

Yes	No
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Your mother lives independently and relies on the volunteers of the Meals on Wheels program to deliver hot meals.

10. What is your plan if Meals on Wheels is disrupted or stopped?

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Pet Care Plan

11. If you have pets, have you purchased stockpile supplies for them?

Yes	No
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Your family has 2 dogs, your brother has 2 cats and he has influenza.

12. Does your family have the resources to care of your pets and your brother's pets?

Yes	No
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13. Should your family contact the local humane or rescue shelter?

Yes	No
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14. If the local humane or rescue shelter is not available, what is the plan?

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Stockpile

Food and water

15. Does your family currently have 2-4 weeks supply of food and water?

Yes	No
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Your family lives on a fixed income and does not have the money to purchase the recommended 2-4 weeks of groceries and supplies for a pandemic supply kit.

16. What organization could your family call before the pandemic starts?

Your family has enough food to last through a pandemic flu wave, but did not plan for the water to be disrupted. During the third week of an eight week wave, your family has no water.

17. What can you do to get your family the water?

Over-the-counter medicines

18. Have you included over-the-counter medicines in your family's stockpile?

Electrolyte drinks	Yes / No
Fever/pain reducers	Yes / No
Cold/flu symptom relief	Yes / No
Allergy medicines	Yes / No
Thermometer	Yes / No
Anti-diarrhea	Yes / No

Your son has allergies and his doctor is not available during the pandemic. Over-the-counter medicines will help your son, but you did not put them in your stockpile.

19. Who can you call?

Medical Care

20. Have you made plans for your family when medical care is not available during the pandemic?

Yes	No
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Prescriptions

21. If you or any member of your family takes prescription medications on a regular basis, have you made a plan to get them when the pharmacy is disrupted?

Yes	No
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Your daughter has diabetes and takes insulin daily to maintain her sugar. Insulin companies can not produce the insulin, because they are waiting for key ingredients from a company overseas.

22. What should you ask your doctor or pharmacist before a pandemic?

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Home care

23. Has your family made a home care plan for family members who get infected with pandemic influenza?

Yes	No
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Two out of three of your children have pandemic influenza and you call your pediatrician, 911 and the hospital and all three give you the same answer. Since none of your children have a fever over 103F and they are breathing normally, you must take care of them at home.

24. Where can you go to get home care instructions?

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25. Is your family ready for a second wave?

Yes	No
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Additional Questions to Discuss Now or at Home

26. If you have family members sick at home and one of them suddenly dies, do you have a plan?

Yes	No
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Your parent is suffering a heart attack and no Emergency Medical Technicians (EMTs) or ambulance is available.

27. Should you start CPR knowing that Emergency Medical Service personnel will not be available?

Yes	No
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28. How will your family protect themselves when local law enforcement is not available?

Your sister has to receive dialysis every three (3) days. She cannot drive and relies solely on the community's public transportation system which has been disrupted.

29. How will your sister receive her routine dialysis?

Your spouse is extremely obese (425 plus pounds) and they are have contracted pandemic influenza and cannot get out of bed. You call 911 and they do not have any EMTs available for this situation, but said the hospital will take them if you can get them to the hospital.

30. How do you get your spouse to the hospital?

Your father lives with your family and he has a severe respiratory problem and requires oxygen 24-hours a day.

31. What actions can be taken to ensure he does not run out of oxygen before a pandemic starts?

