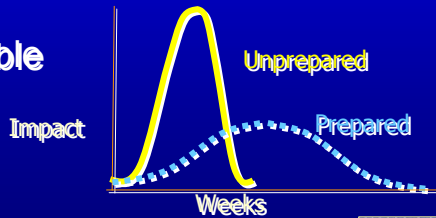


HHS Pandemic Influenza Doctrine: Saving Lives

- Slow spread, decrease illness and death, buy time
- Antiviral treatment and isolation for people with illness
- Quarantine for those exposed
- Social distancing
- Vaccine when available
- Local decisions

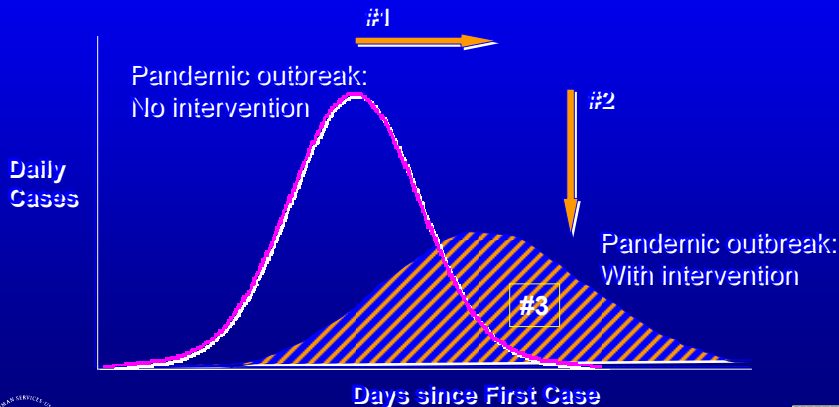


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The Wave

1. Delay disease transmission and outbreak peak
2. Decompress peak burden on infrastructure
3. Diminish overall cases and health impacts



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20 Answers About Influenza

Facts to inform discussions about
community control measures against
pandemic influenza

October/November 2006

#1 What Is Influenza?

- A highly contagious respiratory (lung) infection caused by influenza virus
- Yearly winter (seasonal) epidemics
 - Most commonly occur during December through March

#2 How Does Influenza Spread?

- Spreads person to person
- Mostly spread by coughing and sneezing of infected persons
- May also be spread by touching self or others with contaminated hands

#3 Who Gets Seasonal Influenza?

- Typical yearly outbreaks last 6-10 weeks
- People of all ages can get infected
 - 5-20% of people infected each year
 - Highest rates in children because they have fewer prior exposures to influenza viruses compared with adults
- Because minor changes in the virus occur all the time, people can get infected with influenza many times during their life

#4 Who Is Most Likely To Get Severely Ill?

- Groups most likely to have severe illness
 - Elderly
 - Young children
 - Pregnant women
 - Persons with chronic health problems
 - Heart or lung disease, for example
- Over 90% of seasonal influenza deaths occur in persons 65 years and older

#5 What Happens When People Get Exposed to Influenza?

- Illness can start about 2 days (range 1-4) after being exposed to influenza
- People MAY be able to give illness to others 1 day before they feel sick
- Symptoms include fever, cough, runny nose, sore throat, extreme tiredness, headache and body aches
- Illness can be severe with complications
 - Worsening of other health conditions
 - Pneumonia
 - Death (mostly in elderly)

#6 How Do You Treat Influenza?

- General recommendations are to rest, drink fluids, and treat symptoms with drugs like acetaminophen or ibuprofen
- Influenza antiviral drugs
 - Can shorten illness when used for treatment
 - Need to start them within 2 days of symptoms starting
 - Can also be used for prevention
 - Require doctor's prescription

#7 How Do You Prevent Influenza?

- Yearly influenza vaccination is the best way to prevent seasonal influenza
- Other ways
 - Avoid people who are sick
 - Wash hands
 - Keep hands way from face
 - Antiviral drugs for prevention

#8 Who Should Get Vaccine?

- Anyone who wants to decrease their risk of influenza
- Especially important for
 - People 50 years and older
 - Those with chronic diseases
 - Children less than 5 years
 - Pregnant women
 - Persons in nursing homes or long term care facilities
 - Household members and caregivers of the above groups
 - Healthcare workers

#9 What Measures Can Be Used To Prevent Spread Of Seasonal Influenza?

- Obtain high influenza vaccination rates
- Using antiviral medications for treatment and prevention
- Other measures that may help
 - Have ill persons stay at home
 - Wash hands
 - Keep hands away from face
 - “Cover your cough”
- Other measures, such as cancelling large gatherings, not used for seasonal influenza

#10 What Toll Does Seasonal Influenza Take?

- 36,000 estimated deaths per year
 - Most deaths in persons 65 and older
- More than 220,000 hospitalizations per year
 - One half of hospitalizations in persons 65 and older

#11 What Is A Pandemic?

- An influenza pandemic occurs when
 - There is a major change to the influenza virus
 - Few, if any, have immune protection because no one has had prior infections with the virus before
 - The virus spreads quickly throughout the world
- Compared to annual seasonal influenza, a pandemic causes
 - More infections in persons of all ages
 - More severe diseases and deaths
- The timing of a pandemic is unpredictable

#12 Is Flu In a Pandemic The Same As Regular Flu?

- Initial symptoms may be the same
BUT...
- Much higher numbers of infections are expected
 - 30% of persons likely to be infected across all ages
- Severe disease is more likely
 - Higher rates of deaths and hospitalizations

#13 Are the Same People At Risk of Severe Illness?

- The same persons at risk of severe seasonal influenza will likely be at risk for severe pandemic disease, e.g. elderly
- BUT, additional groups may also be at high risk of severe disease
 - E.g. 20-40 year old adults, children <2 years and elderly at high risk in 1918 Spanish Flu
- High risk groups may not be able to be predicted in advance

#14 How Often Do Pandemics Occur?

- The timing of pandemics is not predictable
- Three pandemics in the last 100 years
 - 1918-19 Spanish Flu
 - 1957-58 Asian Flu
 - 1968-69 Hong Kong Flu
- 11-39 years have occurred between pandemics

#15 When Will The Next Pandemic Occur?

- No one can predict for certain
- The spread of influenza H5N1 “bird flu” causing illness and deaths among poultry and birds in Asia, Africa and Europe and over 250 cases in people has caused concern that H5N1 could lead to a human pandemic
 - H5N1 is not a pandemic virus now because it cannot be easily passed from person to person
 - Other influenza viruses besides H5N1 are also of concern

#16 What Kind Of Impact Could the Next Pandemic Have?

- No one can predict the impact with certainty
- 1918 pandemic was the most deadly event in US history
- 1968 pandemic was not much more serious than a bad seasonal influenza year
- The number of US deaths from the next pandemic could range from 200,000 up to 2,000,000

#17 What Could A Severe Pandemic Look Like?

In The US

- Approximately 90 million illnesses
- Nearly 2 million deaths
- Nearly 10 million hospitalizations
- This compares to an average of 36,000 deaths and 220,000 hospitalizations a year for seasonal influenza
- Hospitals and other services in society could be quickly overwhelmed

#18

What's Needed To Limit Spread Of A Pandemic?

- Reduce contact between infected and uninfected people
 - Must act early before disease becomes widespread
 - No single measure will be foolproof
 - Multiple measures must be used at the same time to maximize benefit
 - Ideally, communities implement control measures together

#19 What Specific Control Measures Might Work To Slow Spread Of A Pandemic?

- 1. Keep sick persons at home
- 2. Keep people exposed to sick persons at home for up to a week
- 3. Close schools and day care centers and prevent children from congregating
- 4. Change work schedules and locations to decrease the number of people working in the same place at the same time
- 5. Cancel large gatherings

#20 How Are We Getting Prepared?

- Health agencies have developed contingency plans and are coordinating their planning
- Hospitals are planning how to handle a large influx of sick people
- Antiviral drugs are being purchased for the national stockpile
- Vaccine production is being improved
- Community control and travel advisories/restrictions being considered
- Working together with other countries to improve detection and control of influenza outbreaks that might signal a pandemic

What Can You Do?

- Be informed
- Plan care for sick family members
- Plan for how you might
 - Work from home if needed
 - Care for children if schools were closed
- Practice good habits
 - Cover your cough
 - Wash your hands frequently
 - Stay at home if you are sick
 - Get influenza vaccine as recommended
- Provide your help, advice, and support to the community