



Pan Flu Basics

There are three types of influenza: Seasonal Flu, Avian Flu, and Pandemic Flu. They are not the same.

<http://www.pandemicflu.gov/general/>

Seasonal Influenza	Avian (or bird) Flu	Pandemic Flu
<p>Seasonal (or common) Flu is a viral respiratory illness that can be transmitted person to person. Most people have some immunity, and an annual vaccine is available.</p> <p>The Seasonal flu is responsible for 36,000 deaths each year in the United States - most fatalities are children, the elderly and those with debilitating conditions.</p> <p>Immunizations are available at your health care provider or at the Health Department. Please call to schedule an appointment: (231) 547-0295 or 1-800-432-4121</p>	<p>Influenza viruses that occur naturally among wild birds cause Avian (or bird) Flu (AI). Low pathogenic AI is common in birds and causes few problems. Highly pathogenic H5N1 is deadly to domestic fowl, can be transmitted from birds to humans, and is deadly to humans. There is virtually no human immunity.</p>	<p>Pandemic Flu is virulent human flu. A Flu Pandemic occurs when a new influenza virus emerges for which people have little or no immunity, and there may not be vaccine. The disease spreads easily person-to-person, causes serious illness, and can sweep across the country and around the world in a very short time. Currently, there is no Pandemic Flu.</p> <p>It is difficult to predict when the next influenza pandemic will occur or how severe it will be. Wherever and whenever a pandemic starts, everyone around the world is at risk</p>

Since 2003 to present, there have been 387 cases of persons diagnosed with Avian Flu; 245 have died. (Case Fatality Rate of 63%). So far, the spread of H5N1 Virus from person to person has been limited and has not continued beyond one person. Nonetheless, because all influenza viruses have the ability to change, scientists are concerned that H5N1 Virus one day could be able to infect humans and spread easily from one person to another.

The World Health Organization (WHO) Pandemic Influenza Alert Phase remains at a 3: *No or very limited human-to-human transmission*. There are no new clusters of human cases. The threat from Avian Influenza A (H5N1) of becoming a Pandemic Influenza is possible as the virus continues to circulate internationally in poultry, wild birds and humans.

You can protect yourself from seasonal flu in several ways Germs are spread when a person touches something that is contaminated with germs then touches their eyes, nose, or mouth.

- Wash your hands after using the bathroom, before preparing food and eating meals, after a sneeze or cough,. The poster “Cover your cough and Wash Your Hands is accessed at http://www.cdc.gov/flu/protect/pdf/covercough_school11x17pdf.
- Stay home and take care of yourself when you are sick.
- Wipe down grocery cart services– the flu virus can survive for 24-48 hours
- Workplace Health – Clean shared vehicles: The flyer “Do You Drive a Shared Vehicle? is accessed at http://www.michigan.gov/documents/mdch/MDOT_Contagious_Illness_Precautions_for_Drivers_Safety_Topic_248087_7.pdf.
- The poster is accessed at “Attention Drivers” http://www.michigan.gov/documents/mdch/MDOT_driver_contagious_illness_control_flyer_248083_7.pdf.

September is National Preparedness Month

The Centers for Disease Control and Prevention (CDC) and the American Red Cross have teamed up to answer common questions and provide step by step guidance you can take now to protect you and your family. The four steps are:

- Get a Kit
- Make A Plan
- Be Informed
- Get Involved

Though some people feel it is impossible to be prepared for unexpected events, the truth is that taking preparedness actions helps people deal with disasters of all sorts much more effectively if/when the incident occurs. Please click on <http://www.ready.gov/america/npm08/index.html> to find out more information.

The Michigan Pandemic Influenza Community Health Plan was released in July 2008. The Health Department of Northwest Michigan tailors the State Plan's guidance in its plan. Throughout the lifetime of this newsletter, different aspects of the Plan will be discussed. The State of Michigan's Plan is accessible on the following website: http://www.michigan.gov/documents/mdch/MDCH_Pandemic_Influenza_v_3.1_final_draft_060107_2_198392_7.pdf

Resources for New and Updated Information:

- Exposure to Stress: Occupational Hazards in Hospitals (NIOSH Publication No. 2008-136) <http://www.cdc.gov/niosh/docs/2008-136/>
- First Responders: Protect Your Employees with an Exposure Control Plan (NIOSH Publication No. 2008-115) <http://www.cdc.gov/niosh/docs/2008-115/>
- Emergency Management and Medical Web Sites http://www.ynhhs.org/emergency/us_dhhs_web_sites.pdf
- Planning Checklists for Individuals and Families, Government, Workplaces, Community Organizations, And Health Care. <http://www.pandemicflu.gov/plan/checklists.html>

References:

- The Preparedness Report, Center for Emergency Preparedness and Disaster Response. Yale –New Haven Health. <http://www.yalenevhabenhealth.org/emergency>.
- Michigan Pandemic Influenza Community Health Plan: An Appendix to The MDCH All Hazards Plan. Draft 3.5. July 2008. http://www.michigan.gov/documents/mdch/MDCH_Pandemic_Influenza_v_3.1_final_draft_060107_2_198392_7.pdf
- Up to date Pandemic Influenza Information: <http://www.pandemicflu.gov/general/>

The purpose of this newsletter is to keep the community informed about Pandemic Influenza. We have been hearing about "Pandemic Influenza" since 2003 and the interest in the disease and planning for it is waning.

Periodically you will be receiving information on Pandemic Influenza via this newsletter that will provide information and links for your use regarding new information. Questions? Comments? Please feel free to contact me:

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