HOME CARE GUIDE...

Providing Care At Home During Pandemic Flu

Public Health Department
Santa Clara Valley Health & Hospital System

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INTRODUCTION

Introduction

About Pandemic Flu

Pandemic flu or pandemic influenza is a worldwide outbreak of a new flu virus for which there is little or no immunity (protection) in the human population. Scientists and health professionals are concerned that the flu virus that has been reported in birds – called avian flu - will develop into the next human pandemic.

When a new pandemic flu spreads it creates a public health emergency. This emergency will be different than other emergencies we have faced before – it will last longer, make more people seriously ill and may cause more deaths than any other health crisis in our time.

While we cannot stop a pandemic from happening, it is important to plan ahead. As many as one (1) in four (4) people could get sick during a pandemic, with many of these people getting seriously ill. Because so many people will be sick, the services and supplies that we count on every day may not be readily available. That means each individual and family should have emergency supplies like food and water, as well as other supplies they'll need to take care of their loved ones at home.

Home Preparation is Important

Since so many people will be sick during a pandemic, it is likely that families will need to take care of their loved ones at home.

When caring for an adult or child who is sick during a pandemic, it will be very important to be prepared.

You need to have the right supplies and medicines on hand. You need to know how to care for a sick family or household member including how to isolate (or separate) them at home, how to treat their symptoms and when to call for medical advice. You will also need to know how to control the spread of the disease in your own home.

Please remember, most people will survive the pandemic flu. But it is important to be prepared so that you give the best care to your family and household members who may get sick during a pandemic. The information provided in the following pages will help you prepare so that you will be better able to care for your loved ones at home.

AN IMPORTANT NOTE

In this guide you will see that public health officials are currently recommending a period of home isolation of at least **5 days** and possibly for as long as **14 days**. If and when an actual pandemic occurs, this recommendation may change. It will be important for you to stay informed, read and listen to the news, and check the Public Health Department's Web site at **www.sccphd.org** for home isolation and other important instructions.

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PREPARING YOUR HOME

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Preparing Your Home

Most people sick with pandemic flu will be cared for at home by another person who lives in the same household. This section gives you information about flu symptoms and how to set up your home for home isolation.

About Flu Symptoms

It's important to watch for the first signs of influenza in a family or household member because the sooner you start caring for the sick person, the better. And once the first signs of influenza appear, you can take the actions you need to control the spread of disease in your own home.

The following are symptoms of influenza. These symptoms may develop very quickly and without much warning. Symptoms may start with a sudden high fever, chills, muscle aches or pain, and a general feeling of tiredness. Then other symptoms may develop:

- Sudden fever higher than 100.4°F (38°C)
- Chills
- Muscle aches or pain
- Headache
- Feeling of weakness and/or exhaustion
- Cough or sore throat
- Runny or stuffy nose
- Signs of dehydration such as decreased urine, dry mouth & eyes, dizziness, etc.
- Diarrhea, vomiting, abdominal pain (may happen at any time in children)

When a person is sick with influenza, they should get plenty of rest and drink plenty of liquids. Monitoring flu symptoms and giving flu medications regularly can help to lessen their flu symptoms. A person with flu may be able to spread illness for at least **five (5) days** and maybe as long as **14 days** after the first sign of being sick.

People with Chronic Diseases or Conditions

People with chronic diseases or conditions are at risk for medical complications because of influenza. Chronic diseases and conditions include asthma, cardiovascular disease, diabetes, immuno-compromising conditions, kidney failure, and severe neuromuscular disease.

It is important to monitor a sick adult or child with a chronic disease or condition very closely during a pandemic. Anyone with a chronic disease or condition should keep in close contact with his or her medical providers during a pandemic. Women who are pregnant should also keep in contact with their prenatal care provider during a pandemic.

Please remember, while medical complications are most common in people with chronic diseases or conditions, they can happen with anyone who is sick with influenza.

Isolating a Sick Person at Home

When an adult or child is sick and has an infection that can spread to others, such as pandemic flu, they need to be put in isolation. Isolation means that the sick person is isolated (separated) from people who are not sick.

Pandemic influenza can be spread by being near someone who is sick and coughing or sneezing, and even by touching surfaces that the sick person has touched. Because it can be easily spread, it is important to isolate (separate) the sick person from people who are not sick.

By separating the sick person in your home, and putting the following guidelines in place, you can help limit the spread of pandemic influenza in your home.

- Isolate the sick person(s) within your home. This means choosing a room in your home where the sick person or persons can stay for the entire time that they are sick. Rooms should have windows that open to circulate air, as well as natural UV (sun) light and a door that shuts. The door should stay closed. If possible, this room would have a bathroom that is attached or nearby. It is best if those who are not sick use a separate bathroom.

- Make one person in the household the main caregiver. The main caregiver is the only person going in and out of the sick person's room. They bring the sick person their meals, drinks, and medicines. Other household members should have no contact, or very limited contact, with the sick person. Do not have visitors while the person is sick. The main caregiver will also closely watch the symptoms of influenza and call their medical provider if symptoms change or get worse. See *Calling for Medical Advice on page 26*, for more information about when to call your medical provider.

- Wear a surgical or protective mask and disposable gloves when you are in the sick person's room. This is really important when giving care and when you are in contact with the sick person or cleaning up body fluids of the sick person. The main caregiver, or anyone else who cannot avoid contact with the sick person, needs to wear a mask and gloves. Masks should have ear loops or ties for a secure fit.

- The sick person should also wear a mask. If possible, the sick person should wear a mask anytime the caregiver (or any well person) comes into the room.

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- Sick persons should not leave their room during the time they can spread pandemic flu. This period of isolation is likely to last at least five (5) days and may last up to 14 days. If you have to take the sick person out of their home, for example for medical appointments, the sick person should wear a mask and cover their mouth and nose with tissues when coughing or sneezing. Always make sure the sick person washes their hands after coughing or sneezing, touching dirty tissues, or after removing their mask.

- Change and throw away masks and gloves. You must change and throw away masks when they become moist. You should throw away gloves after each use. After you've used these items, put them into a plastic bag, tie or knot the bag, and throw the bag away in a wastebasket or garbage can.

- Wash hands after contact with sick persons, after removing mask or gloves, or after touching dirty surfaces. Do not touch your eyes, nose, or mouth without first washing your hands for at least 20 seconds. Wash your hands after you've thrown away masks or gloves. Wash your hands before and after using the bathroom. If hands are visibly dirty, wash with soap and warm water. If hands are not visibly dirty, you can use an alcohol-based hand sanitizer like Purel®.

- Sick people should cover their nose and mouth with a tissue when sneezing or coughing. Tissues used by the sick person should be placed in a plastic bag. The bag should be tied or knotted and thrown away with other household garbage.

- Do not share personal items with the sick person. These items include eating utensils, cups, computers, phones, pens, clothes, towels, blankets, and bed sheets.

- Clean and disinfect common area surfaces. On a daily basis, clean surfaces and things that are used often or touched, such as door knobs and handles, light switches, microwaves, phones, remote controls, toilet seats and handles, faucets, toys and other surfaces that are commonly touched around the home. Use a labeled household disinfectant or a chlorine bleach mixture. For another option, see ***Making Your Own Sanitizing Solutions on page 11***.

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- Get fresh air into the room. Getting fresh air into a room can help cut down the amount of germs in the room. When possible, open windows to bring in fresh air. This should be done more than a few times a day for 10 to 15 minutes each time. It should be done in all rooms of the house, especially in the room where the sick person is placed.

- Wash dishes and eating utensils with warm water and dish soap. It is not necessary to separate dishes and eating utensils between sick and healthy persons as long as they are washed thoroughly with warm water. Everyone's dishes can be washed together by hand with warm water and dish soap, or in a standard dishwasher. Just make sure the dishes and eating utensils are clean! If you don't have hot water or soap, see *Making Your Own Sanitizing Solutions on page 11*.

- Wash laundry with detergent and warm water. Everyone's clothes can be washed together, but you need to handle dirty laundry carefully so that you are not spreading the illness. Gloves can be used to handle dirty laundry. Do not "hug" the laundry to yourself when picking up or moving dirty laundry. Make sure to wash your hands after handling dirty laundry.

- Once the sick person has gotten better, they will have immunity from getting sick from pandemic flu again.

MAKING YOUR OWN SANITIZING SOLUTIONS

If you do not have store-bought disinfectants on hand, you can make your own sanitizing solutions with clean water.

Sanitizing Solution for general cleaning and disinfecting: Use 1 teaspoon of household bleach per gallon of water.

Rinsing Solution for washing dishes in cold water: Use 1 tablespoon of household bleach per gallon of water.

PROVIDING CARE AT HOME

Providing Care at Home

Since most adults and children sick with pandemic flu will be cared for by another person in the same household, it will be important for the caregiver to know how to do certain things. This section gives the caregiver information about how to take a temperature, how to treat and reduce fevers, how to look for signs of dehydration, and how to rehydrate a sick household member, as well as information about when to call for medical advice.

About Fever

Fever is usually caused by an infection. Infections can be caused by a number of things, including flu viruses. Fever is the body's normal response to an infection and plays a role in fighting the virus by turning on the body's immune system.

The body's average temperature is 98.6° F, but it can change during the day. A mild rise in temperature 100.4° F to 101.3°F can be caused by exercise, excessive clothing, or a hot bath or hot weather. Warm food or drink can also raise body temperature.

You can expect most flu fevers to normally last between two (2) or three (3) days. The normal range for fever is between 101°F and 104°F, and even higher (up to 106°F) in children. When a person has the flu, the fever may last up to five (5) days.

Taking a Temperature

Getting an accurate temperature can take some practice. Of the kinds of temperatures you can take, rectal temperatures are the most accurate. Oral temperatures (in the mouth) are also accurate if they are done properly. Ear temperatures can vary in accuracy due to things such as ear wax or the technique used in taking an ear temperature. Taking a temperature at the armpit is the least accurate. For a child younger than five (5) years old, a rectal temperature is best. For anyone older than five (5) years old, it's usually best to take his or her temperature by mouth.

There are generally two kinds of thermometer.

- *Digital Thermometer*
  A digital thermometer records temperatures with a heat sensor and runs on a button battery. Digital thermometers can measure a temperature in usually less than 30 seconds. The temperature is displayed in numbers on the screen.

- *Glass Thermometer*
  With a glass thermometer, you must shake it until the mercury line is below 98.6° F (37° C). To read a glass thermometer, find where the mercury line ends by turning the thermometer until you can see the mercury line.

The following information will help you take a correct temperature.

- *Taking Rectal Temperatures*

  Have the child lie down on your lap with stomach down. Apply some petroleum jelly to the end of the thermometer and to the opening of the anus. Then insert thermometer into the rectum about 1 inch, but do not force it in. Hold the child still while the thermometer is in and leave the thermometer in the child's rectum for 2 minutes.

  If the rectal temperature is over 100.4° F (38.0° C) the child has a fever.

- *Taking Oral Temperatures*

  Make sure the sick person has not had a drink - cold or hot - within the last 10 minutes. Place the tip of the thermometer under the tongue and toward the back. Hold the thermometer in place with lips and fingers (not teeth) and breathe through the nose, keeping the mouth closed. Leave it inside the mouth for three (3) minutes. If the mouth cannot close because of a stuffy nose, clean the nose out before taking the temperature.

  If the oral temperature is over 99.5° F (37.5° C) the person has a fever.

- *Taking Oral Temperature with a Digital Electronic Pacifier Thermometer*

  With a pacifier thermometer, have the child suck on the pacifier until it reaches a steady state and you hear a beep. This usually takes three (3) to four (4) minutes.

  If the temperature is over 100°F (37.8°) the child has a fever.

- *Taking Ear Temperatures*

  Be sure the sick child has not been outdoors on a cold day and has been inside for at least 15 minutes before taking the temperature. Pull the ear backward to straighten the ear canal. Place the end of the ear thermometer into the ear canal and aim the probe toward the eye on the opposite side of the head. Then press the button. In about two (2) seconds you can read the temperature.

  If the temperature is over 100.4°F (38°C), the child has a fever.

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Treating and Reducing a Fever

The best way to treat and reduce a fever is to give the sick adult or child extra liquids, remove extra clothing and give fever-reducing medicines.

- *Drink Lots of Liquids*
  Encourage the sick person to drink extra liquids. Popsicles, iced drinks and ice cubes are also helpful. Body fluids are lost during fevers because of sweating. By drinking extra liquids you can replace the lost body fluids.

- *Remove Extra Clothing*
  Do not bundle up a person with a fever because it may cause them to have a higher fever. Clothing should be kept to a minimum to allow heat to be lost through the skin. If the sick adult or child feels cold or is shivering (has the chills), give them a blanket to make them comfortable.

- *Use Fever-Reducing Medicines*
  Medicines such as acetaminophen or ibuprofen work well for reducing fever. It is better to use these medicines only if the sick person doesn't feel good or if the fever is very high and preventing the sick person from taking liquids. Do not give aspirin to any child under 21 years of age. It can cause Reye syndrome, which is a very serious illness affecting the liver and the brain.

Children and infants can be given an over-the-counter fever medicine containing either acetaminophen or ibuprofen. These medicines are available in both liquid and chewable forms. You should give the correct dosage for the child's weight or age as listed on the bottle.

For liquid medicines, use the measuring cap that comes with the bottle to be sure that you are giving the right dose and do not use the measuring cap for other medicines or products. It is important to follow the bottle instructions and not give these medicines more often than the instructions recommend. You will need to keep giving the medicine while the child still has a fever. Stop giving fever medicines once the fever is over.

Do not mix or combine different acetaminophen and ibuprofen medicines together. This will not help reduce the fever, and it can cause poisoning. If you are already using a fever-reducing medication, be sure that you are not combining it with other medicines such as over-the-counter cold and flu medicines that also contain acetaminophen or ibuprofen in the active ingredients. Giving fever-reducing medicines twice can cause poisoning.

Two hours after a sick adult or child has been given these drugs, the fever is usually reduced 2° to 3°F (1° to 1.5° C).

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- *Sponge Bath*

  A sponge bath in lukewarm water can help a sick person feel better, but it is does not help reduce fever. It is important to first give the sick adult or child a fever-reducing medicine. Do not give them a bath right after they've taken their medicine. It is important to wait at least 30 minutes to give the medicine a chance to start working.

  If the fever does not come down after taking the medicine, then a sponge bath may help a sick person feel better, but it still will not reduce their fever.

  Remember, the fever needs to run its course to help the body fight the infection. Please see *Calling for Medical Advice on page 26* for instructions about when to call for medical ad vice. To give a sponge bath, fill the tub with about two (2) inches of lukewarm water - 85° to 90°F (29° to 32°C) and wet the sick adult or child's skin with a sponge. **Do not** add ice, ice water or rubbing alcohol to the water because these things do not help reduce fevers and may cause chills.

About Dehydration

Dehydration is a common flu symptom and happens when the body loses too much water and the water is not replaced quickly enough. Body fluids are lost during fevers because of sweating and fast breathing. It is important that anyone who is sick drink lots of liquids to help them fight or recover from the flu.

Give an adult or child who is sick plenty of liquids to drink such as water. This will help them avoid getting dehydrated. If the sick adult or child has mild diarrhea or is vomiting, give them liquids with electrolytes (to replace the loss of salt and sugar in the body) such as sports drinks like Gatorade®, or Pedialyte® for children.

If the sick adult or child has not urinated in more than 12 hours (six (6) hours for infants) and has symptoms such as a dry mouth, dry eyes or little or no tears, and has an overall sick appearance, you should call for medical advice.

Signs of dehydration include:

- Little or no urine
- Dark and concentrated urine
- Dry mouth with decreased saliva
- Dry eyes with little or no tear production

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- Sunken eyes
- Weakness
- Tiredness
- Headache
- Loss of skin elasticity (doughy or loose skin)
- Dizziness when the sick adult or child stands or sits up
- Fainting

Giving Liquids

It is important to begin giving liquids at the first sign of the flu to maintain the right level of hydration. Please remember that anyone who is sick may not feel like drinking their liquids, but it is important to keep giving liquids in order to not get dehydrated.

Try to give the sick adult or child about a gallon of liquid each day. Keep doing this until they look better or their urine is a light yellow. For infants, give enough liquids so they pee every four (4) to six (6) hours.

If the sick adult or child becomes dehydrated, give them small amounts of liquids frequently. For example, give sips or spoonfuls of liquids every five (5) to 10 minutes over a four-hour period.

Watch for an increase in urination, a lighter color of urine and overall improvement of flu symptoms. These are signs that the liquids are working.

If the sick adult or child is vomiting, do not give any liquids or food by mouth for at least an hour. Let the stomach rest and then give a clear liquid, like water, in small amounts. Start with one (1) teaspoon to one (1) tablespoon every 10 minutes. If they continue to vomit, let the stomach rest again for another hour. Then try to give small but frequent amounts of clear liquids. When the sick adult or child has stopped vomiting, gradually increase the amount of liquids and use liquids with electrolytes (with salt and sugar). After six (6) to eight (8) hours of giving the adult or child clear liquids without vomiting, you can start to give them solid foods that are easy to digest such as saltine crackers, soup, mashed potatoes or rice.

Acceptable Liquids

It is important for the sick adult or child to stay hydrated by drinking plenty of liquids in order to help fight the flu symptoms and prevent dehydration. The following chart tells you which liquids are okay to give to young children and adults with the flu in order to prevent or treat dehydration. If the sick adult or child is not eating, certain liquids will need to be given in order to treat dehydration and restore the right level of electrolytes (salt and sugar) that the body needs.

Dehydration Prevention & Treatment Chart

AGE GROUP	PREVENT DEHYDRATION (If Eating)	PREVENT DEHYDRATION (If NOT Eating) AND TREAT DEHYDRATION (If Eating or NOT Eating)
Infants *< 1 year of age*	● Breast milk ● Standard infant formula ● Store-bought oral rehydration solution such as Pedialyte®, Naturalyte®, Infalyte®, or Rehydralyte® ● Diluted Juices* (½ water, ½ juice) ***Alternative:*** *Home made Cereal Based Oral Rehydration Solution (CBORS). See recipe on page 25.*	✚ Breast milk ✚ Standard infant formula ✚ Store-bought oral rehydration solution such as Pedialyte®, Naturalyte®, Infalyte®, or Rehydralyte® ***Alternative:*** *Home made Cereal-Based Oral Rehydration Solution (CBORS). See recipe on page 25.*
Toddlers *1 to 3 years of age*	● Milk (if not vomiting) ● Store-bought oral rehydration solution such as Pedialyte®, Naturalyte®, Infalyte®, or Rehydralyte® ● Broth, soup ● Jell-O® Water (1 package per quart of water, or twice as much water as usual) ● Popsicles ● Gatorade® ● Kool-Aide® ● Juices*	✚ Store-bought oral rehydration solution such as Pedialyte®, Naturalyte®, Infalyte®, or Rehydralyte® ***Alternate:*** *Home made Cereal-Based Oral Rehydration Solution (CBORS). See recipe on page 25.*
Children *over 3 years,* **Teens and Adults**	● Water ● Broth, soup ● Jell-O® Water (1 package per quart of water, or twice as much water as usual) ● Popsicles ● Gatorade® ● Kool-Aide® ● Juices*	✚ Home made Oral Rehydration Solution. *See recipe on page 24.*

**Do not give apple and pear juice because they include a certain type of sugar that increases water loss.*

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Recipes for Oral Rehydration Solutions

If you cannot buy a liquid with electrolytes (with salt and sugar), you can make your own rehydration solutions.

Recipe for Oral Rehydration Solution For adults, teens and children over the age 3

Instead of store bought rehydration or sports drink you can make your own oral re-hydration solution at home.

INGREDIENTS:

- 4 cups clean water
- 2 tablespoons of sugar
- ½ teaspoon of salt

Mix the 4 cups of clean water with 2 tablespoons of sugar and ½ teaspoon of salt. Mix it well but do not boil as this will concentrate the ingredients. If local health officials give a "Boil Water Order", boil the water first for 1 minute and then allow it to cool before adding the sugar and salt.

Recipe for Cereal-Based Oral Rehydration Solution (CBORS)

For children under 3 years, you can make this cereal-based oral rehydration solution at home.

INGREDIENTS:

- 2 cups of clean water
- ½ cup of instant baby rice cereal
- ¼ level teaspoon table salt

Mix thoroughly, but do not boil as this will concentrate the ingredients. If local health officials give a "Boil Water Order", boil water first for 1 minute and then allow to it to cool before adding cereal and salt.

Notes: Use of homemade CBORS should be considered as a last option because of the chance for mixing mistakes, which could be a problem for infants. Children are also less likely to take cereal-based solutions than glucose-based solutions. However, when properly mixed and used, CBORS has been found to be as effective as Pedialyte in maintaining hydration and correcting both hypernatermia and hyponateremia. *Source: Pediatrics Vol 100 No. 5. November 1997, p e3, available at: http: pediatrics/aappublications.org/cgi/content/full 100/5/e3*

Liquids to Avoid

Certain liquids like alcohol and caffeinated drinks (coffee, herbal teas, caffeinated sodas, etc.) should be avoided because they can cause further dehydration. Make sure the sick adult or child does not drink any of these liquids or use tobacco. Smoking should not be allowed in the home while family and household members are sick.

Calling for Medical Advice

Keeping a home care log is important. Write down the date, time, fever, symptom, medicines given and dosage. Keep an eye on changes in symptoms or new symptoms. Make a new entry at least twice a day or when symptoms change. This information will be very helpful if you need to call your medical provider.

People with a chronic disease or condition, and women who are pregnant, should be in contact with their medical provider during a pandemic. In addition, a sick person or their caregiver should seek medical advice in the following situations during a pandemic:

- Infants under three (3) months with a rectal temperature of 100.4° F (38° C) or higher.
- Fever in persons not responding to fever medicines within six (6) hours.
- Fever lasts more than five (5) days.
- Fever in persons with diseases of the immune system (HIV/AIDS, leukemia, cancer patients on chemotherapy, etc.).
- Fever lasts more than three (3) days and sick adult or child has difficulty breathing.
- Fever that went away for one (1) to two (2) days, then comes back.
- Persons with an existing medical condition (heart or lung disease, HIV/AIDS, cancer, etc.) and their overall condition is getting worse.
- Shows signs of severe dehydration (*see page 19*) and/or the sick adult or child has stopped taking liquids.
- Shows signs of respiratory problems such as chest pain, difficulty breathing or wheezing, grunting, nasal flaring, and chest wall retractions.
- Has as a cough that produces blood or has a croupy cough.
- Has seizures.
- Signs of respiratory problems such as grunting, nasal flaring and chest wall retractions.
- Severe ear pain or severe muscle pain.
- Change in mental status or irritability.
- Vomiting for more than an hour.

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When to Call 911

Call 911 if you cannot reach your medical provider and the sick adult or child has a problem listed above, or if the sick adult or child has any of the following symptoms:

- Difficult breathing or chest pain with each breath.
- Bluish skin.
- Stiff neck.
- Inability to move an arm or leg.
- First-time seizure.
- Irritability and/or confusion.

Notes:

HOME CARE SUPPLIES

Home Care Supplies

It's important to be prepared for any emergency such as an earthquake, fire or the pandemic flu. It's a good idea to gradually buy items now so that you have at least two weeks of emergency supplies for each person in your home.

General Emergency Supplies Checklist (Chart 1)

This checklist can help you plan on what type of emergency supplies you'll need and what quantities to buy for your household. This list includes examples of what types of basic emergency supplies you should have on hand like a first aid kit, clean water, emergency cash, batteries, radios, flashlights, etc.

Pandemic Flu Supplies Checklist (Chart 2)

In addition to your regular emergency supplies, additional items should be added for pandemic flu preparedness so that you are able to care for sick family members at home. This checklist can help you plan on what type of home care supplies you'll need in case of pandemic flu and what amounts to buy for your household.

2-Week Emergency Supplies Checklist

Chart 1

Items	2 People	4 People	Your quantity *x household members*	Check off
EMERGENCY SUPPLIES				
First Aid Kit and Instructions	1 medium kit	1 large kit		
Emergency Radio with batteries	1	1		
Lanterns, Flashlights, Candles	2 flashlights	4 flashlights		
Batteries	2 (12-packs)	4 (12-packs)		
Trash Bags	20 bags	40 bags		
Barbeque Pits, Camping Stove	As needed	As needed		
Lighter Fluid and Matches	2 containers/ boxes	4 containers/ boxes		
Fire Extinguisher A-B-C type	2	2		
Manual Can Opener and Knife	1	1		
Plastic Food Containers	10	20		
Zip Lock Bags, One-gallon size	100	200		
Paper/Plastic Eating Utensils	100 sets	200 sets		
Warm Blankets, Sleeping Bags	2 sets	4 sets		
Extra Warm Clothing and Shoes	4 full sets	8 full sets		
Personal Hygiene products	As needed	As needed		
Baby and/or Pet Supplies	As needed	As needed		
Toolkit with wrench, pliers, etc.	1	1		
Utility Instructions, Maps, etc.	2 copies	4 copies		
Copies of important documents	As needed	As needed		
IF POSSIBLE:				
Cell Phone with battery	1	1		
Emergency Cash	$200	$400		

2-Week Pandemic Flu Supplies Checklist

Chart 2

Items	2 People	4 People	Your quantity *x people*	Check off
PANDEMIC FLU SUPPLIES				
Thermometer	1	1		
Eye Dropper	2	2		
Surgical or Procedural Masks	50 masks	100 masks		
Bleach	½ Gallon	1 Gallon		
Laundry Detergent	1 lb.	2 lbs.		
Dishwashing Detergent	1 bottle (250 ml)	2 bottles (500 ml)		
Soap	2 bars 3 dispensers	4 bars 6 dispensers		
Toilet Paper	6 rolls	12 rolls		
Paper Towels	4 rolls	8 rolls		
Tissues	3 boxes	6 boxes		
Alcohol-based Hand Sanitizer	2 (8 fl. oz) containers	4 (8 fl. oz) containers		
Drinks with Electrolytes	48 (8 fl. oz) bottles	96 (8 fl. oz) bottles		
Prescription Medicines	As needed	As needed		
Pain and Fever Medicines	1 large bottle	2 large bottle		
Cough Medicines	2 bottles	4 bottles		
Liquid Medicine for Children	2 cups per child	2 cups per child		
Rubber Gloves	1 pair	2 pairs		
Disposable Gloves	100 pairs	200 pairs		
Antibacterial Wipes/Gel	1 box	2 boxes		

Emergency Food Supplies

When preparing for any emergency including pandemic flu, it is important to understand what types of food will be most useful and how to properly store them. Buy foods that the people in your household need and will eat. Use plastic containers designed to store your emergency food. A mixture of foods is best to maintain normal energy and body functions.

It's a good idea to slowly build up your supply with foods that will not spoil easily. Each household member will need at least one balanced meal and one gallon of drinking water a day. Remember to check expiration dates regularly and replace expired food items with new items.

The following tips will help you select and store foods so that your food supply lasts.

- Keep the normal food pantry separate from your stored emergency supplies.
- Focus on picking foods that can satisfy your family.
- Pick foods that keep a long time before they spoil. For example, freeze-dried foods do not spoil and they can last for long periods of time. Dehydrated foods can also be kept for a long time if they are stored properly.

- Look for foods that don't need to be refrigerated or that don't need to be heated.
- Label foods with clear descriptions. For example, write on the food container: 'use-by this (day)' or 'best if used before (day)'.
- Make sure to store items in plastic containers with tight-fitting lids so that bugs cannot get into them.
- Make sure to include comfort foods that household members like.

Emergency Food Supplies Checklists (Chart 3, 4, 5, 6)

These checklists can be used to help you plan what food supplies you'll need and what quantities to buy for your household. It is a good idea to gradually buy items now so that you have at least a two-week supply of food for each person in your home. Checklists are grouped by category: Non-Perishable Goods, Use within One Year, Use by Expiration Date, and Comfort Foods.

The following list gives you examples of what types of foods to buy that will not spoil easily. These are foods like pasta, cereals, crackers, flour, rice, bread mix, corn meal, beans, oatmeal, energy and cereal bars, and other snack items.

2-Week Food Supplies Checklist

Chart 3

Items	2 People	4 People	Your quantity *x people*	Check off
NON-PERISHABLE				
Flour	11 lbs	22 lbs		
Bread Mix	11 lbs	22 lbs		
Sugar	2 lbs	4 lbs		
Salt (includes medical use)	2.5 lbs	5 lbs		
Cereal Bars	28 bars	56 bars		
Milk Powder	3 lbs	3 lbs		
Yeast, Instant dried	3 oz	6 oz		
Corn Meal	1 box	2 boxes		
Oatmeal	1 box	2 boxes		
Pasta	3 lbs	6 lbs		
Rice	2 lbs	4 lbs		
Beans/Lentils	1-1.5 lbs	1-2 lbs		
Breakfast Cereals	2 boxes	4 boxes		
Baking Soda	1 box	1 box		

The following list gives you examples of what types of food to buy that will be ok to use within one year. Foods such as canned fish, canned vegetables like tomatoes, corn, and green beans, canned fruit like peaches, apricots, fruit cocktails, canned milk, soups, and baked beans are good choices.

2-Week Food Supplies Checklist

Chart 4

Items	2 People	4 People	Your quantity *x people*	Check off
USE WITHIN 1 YEAR				
Canned Vegetables	14 (14oz) cans	28 (14oz) cans		
Canned Milk	4 (14oz) cans	8 (14oz) cans		
Canned Casseroles/Meats	4 cans	8 cans		
Baked Beans, Spaghetti	4 (420g) cans	8 (420g) cans		
Canned Soups	8 (420g) cans	16 (420g) cans		
Pasta Sauce	2 jars	4 jars		
Canned Fish	4 (200g) cans	8 (200g) cans		
Canned Fruit	14 (400g) cans	28 (400g) cans		
Instant Meals	As desired	As desired		
Instant Puddings	As desired	As desired		
Dried Fruit	2 lbs	4 lbs		
Dried Vegetables	1 lbs	2 lbs		
Soup Mixes	6-8 packets	12-16 packets		

The following list gives you examples of what kinds of food will need to be used by the expiration date listed on the food. These foods include crackers, energy bars, peanut butter, and jelly.

2-Week Food Supplies Checklist

Chart 5

Items	2 People	4 People	Your quantity *x people*	Check off
USE BY EXPIRATION DATE				
Crackers	7 packets	14 packets		
Energy Bars/Biscuits	4-6 packets	8-12 packets		
Nuts	2 lbs	4 lbs		
Soy Milk	1 box	2 boxes		
Peanut Butter	2 jars	4 jars		
Jelly	7 packets	14 packets		
Chicken Noodle Soup Mix	7 packets	14 packets		
Sport Drinks	2 cases	4 cases		
Baby Formula	As needed	As needed		
Baby Food	As needed	As needed		
Pet Food	2-weeks supply	2-weeks supply		
Coffee (depends on usage)	1 medium jar	1-2 large jars		
Tea (depends on usage)	50-100 bags	100-200 bags		

The following list gives you examples of what types of comfort foods to buy that don't spoil easily such as chocolate, cookies, candy and hot chocolate mix.

2-Week Food Supplies Checklist

Chart 6

Items	2 People	4 People	Your quantity *x people*	Check off
COMFORT FOODS				
Chocolate and Candies	As desired	As desired		
Honey	1 jar	2 jars		
Hot Chocolate Mix	As desired	As desired		
Marshmallows	1 bag	2 bags		
Packaged Cookies	14 packages	28 packages		

Storing Water

It is important to keep water for cleaning and washing separate from drinking water. You can either buy bottled water or fill containers with tap water.

For cleaning and washing water, if possible, choose large containers such as a plastic garbage can that can hold about 20 gallons of water. Plastic containers such as plastic liters and fruit juice bottles can be also be used. Make sure to clean them well and to mark them with the date you put the water into the container. Store containers in a cool dark place. If the water sits for six (6) months without being used, empty the containers and start over and store new fresh or purified water.

To avoid getting chemicals into your drinking water, you can use containers made of non-recycled plastic. If you filled your own containers for drinking water, make sure to clean the containers first and then mark them with the date you put the water into the container. Again, store these containers in a cool dark place. If the water sits for six (6) months without being used, empty the containers and start over and store new fresh or purified water. You can also recycle stored drinking water after six (6) months by purifying the water. See *Purifying Water on page 40* for instructions on how to purify water.

You will need one (1) gallon of water per person each day. The table below will help you decide how many gallons of water you will need for your household for a two-week period.

2-Week Supply of Drinking Water

Number in Family/Group	Allow 14 Gallons per Person	Total Required
	x 14 gallons	= Total Gallons

Purifying Water

Purifying water means that you clean your water to make it safe to drink and use. In an emergency, safe drinking water may not be on hand at all times and it will be important to have a clean source of water.

If you do not have enough clean water stored, or if a "Boil Water Order" is given because public health officials are concerned that the water may not be safe to drink or use, you will need to purify – or clean – your water. Boiling, purification tablets or solutions, and water purifiers can be used to clean water during emergencies. Boiling water is the easiest way to clean your water. Bring the water to a rolling boil for at least one minute before using. This will make the water safe to drink and use.

If tap water is not on hand, you can use water from other sources like rainwater, rivers, lakes, natural springs, ice cubes, water pipes, toilet tank and the water heater. Do not use water from toilet bowls, waterbeds, radiators, or swimming pools or spas.

You can also clean your water by adding eight (8) drops of regular household bleach per gallon of water. Buy non-scented, colorless bleaches like Clorox® or Purex®, but make sure the bleach contains at least four percent (4%) sodium hypochlorite.

Use an eyedropper for measuring and mixing. Combine the bleach and water and then stir. Let the water stand for 30 minutes after you've put the bleach in and before you want to use the water. The water should smell and taste like bleach. If it doesn't, add a little more bleach.

OTHER BLEACH SOLUTIONS AMOUNTS

- 1 drop of bleach per quart of water
- 8 drops of bleach per gallon of water
- 1/2 teaspoon of bleach per 5 gallons of water
- 1 teaspoon of bleach per 10 gallons of water

Bottled water is another option for drinking or cooking. You can also get water purification tablets from camping stores or pharmacies. Follow the instructions on the packet.

CLICK HERE FOR NEXT PAGE

Thank you for taking the time to read this information. Every person who takes some action to be better prepared is helping to make our community better prepared.

Up-to-date information will be available from your medical provider and at the following Web sites:

Santa Clara County Public Health Department:
www.sccphd.org/panflu

U.S. Government Pandemic Flu Website:
www.pandemicflu.gov

The information provided in this booklet is based on current information from the U.S. Department of Health & Human Services Pandemic Influenza Plan and is subject to change.

Notes:

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Fact Sheets

Pandemic Influenza

Santa Clara County Preparations

The Santa Clara County Public Health Department is working with other local, state and federal agencies to respond to pandemic influenza and to maintain essential health care and community services. In fact, governments all around the world are preparing for the possibility of a flu pandemic under the leadership of the Centers for Disease Control and Prevention (CDC) and the World Health Organization.

This information is being provided to help keep you informed about the possibility of a flu pandemic. If a pandemic happens, the Santa Clara County Public Health Department will be the local agency responsible for guiding local medical response and providing health related public information.

What is Pandemic Influenza?

Influenza (flu) viruses cause infections of the respiratory tract (breathing tubes and lungs). In some people, the complications of influenza can be severe, including pneumonia.

Pandemic flu is a worldwide outbreak of a new strain of influenza virus. Because this new virus has not been seen before, most if not all people will not have any immunity (protection) against it.

How is Pandemic Flu Different from Regular, Seasonal Flu?

A pandemic flu virus has little or nothing in common with the flu viruses we get every year. A pandemic flu would be a new strain of a potentially much more serious virus and would affect many more people. While there is a vaccine for seasonal flu, there is no vaccine currently available to protect you against a new pandemic flu.

Why is Pandemic Flu So Serious?

Most or all people would not have immunity to a new pandemic flu virus. Because of this, it is likely that large numbers of people around the world would be infected. Once a pandemic flu develops, it would quickly cause illness around the world. The CDC predicts that 25% to 30% of the US population could become ill.

Can Pandemic Flu be Prevented?

It is not possible to prevent or stop a pandemic once it begins. A person infected with the pandemic flu virus can be contagious for 24 hours before symptoms begin to show and for up to 14 days after. This makes it very easy for the virus to spread quickly to large numbers of people.

Although the federal government is stockpiling medical supplies and antiviral drugs, no country in the world has enough antiviral drugs to protect all their citizens. Antiviral drugs can be used to treat severe cases as long as the virus does not become resistant to the drugs. Antiviral drugs would be given first to health care workers and first responders such as emergency services personnel, fire and police. Once a vaccine is available, vaccinations of these workers would be a priority. This would be done because these people would be called upon to contain the spread of the disease, care for and transport patients, and provide essential services.

Other strategies for slowing the spread of flu pandemic could include temporarily closing schools, sports arenas, theaters, restaurants, taverns, and other public gathering places and facilities. These actions would be taken to stop the disease from spreading further.

Why Isn't there a Vaccine?

There currently is no vaccine to protect humans against a pandemic flu virus because the strain of pandemic flu virus is not yet known. However, vaccine development efforts are under way to protect humans against a pandemic flu virus that might evolve from the current bird flu in Asia.

When is an Influenza Pandemic Expected?

It is not possible to predict accurately when a pandemic flu will occur or how severe it may be. Flu pandemics occur naturally and there have been three (3) pandemics in the 20th century. The pandemic of 1918-19 was the most severe pandemic on record. More than 50 million people around the world died, including about 650,000 Americans.

The current outbreak of avian influenza in Asia has flu experts concerned that a pandemic is likely to happen and that it may be quite severe.

Why Does the Current Bird Flu Outbreak in Southeast Asia Pose Such a Risk?

The current bird flu outbreak in Asia, spread by wild birds to domestic chickens and ducks, is widespread. Human infections and deaths due to bird flu have occurred from direct contact with the infected chickens. The virus has not yet developed the ability to easily pass from person-to-person. If the current bird flu changes so that it infects more humans and spreads easily from person-to-person, it will likely cause a worldwide pandemic of influenza in humans.

What Can I Do to be Prepared?

By preparing for a pandemic flu you can reduce your chances of getting sick and help limit the spread of disease.

Stay informed. Keep up-to-date on a possible flu pandemic by listening to radio & television, and reading news stories about pandemic flu. Visit the Web sites provided for updated information about pandemic flu.

Stop germs from spreading. By doing a few simple things you can stop the spread of germs and viruses:

- Wash your hands often using soap and water.
- Cover your mouth and nose with tissue when coughing or sneezing. Cough or sneeze into your sleeve. Put used tissues in the trash and then wash your hands.
- Stay home when you are sick and stay away from others as much as possible.
- Keep sick children home from school.
- Avoid close contact with people who are sick.

If you have general questions about pandemic influenza, please contact the Public Health Information Line at 408.885.3980. Public Health Department staff members are available to answer your questions Monday to Friday from 9 a.m. to 4 p.m.

Web sites on Pandemic Influenza

- www.sccphd.org
  Santa Clara County Public Health Department for general information on pandemic flu.
- www.cdc.gov
  Centers for Disease Control and Prevention for general information about pandemic flu and other health related information.
- www.pandemicflu.gov
  U.S. Department of Health and Human Services for updates on national and international pandemic flu.

(Bird Flu)
Avian Influenza

What is bird flu?

Bird flu is an infection caused by avian (bird) influenza (flu) viruses different from human flu viruses. These viruses occur naturally among birds. Wild birds worldwide carry the viruses in their intestines, but do not usually get sick. However, bird flu is very contagious among birds and can make some domesticated birds – chickens, ducks and turkeys – very sick and even kill them.

Does bird flu infect humans?

Bird flu viruses do not usually infect humans, but bird flu has been transmitted to humans. It has not yet appeared in the United States.

How do humans get bird flu?

Humans get bird flu from contact with infected bids or contaminated surfaces. Infected birds shed the virus in saliva and droppings. A person can catch bird flu when an infected chicken coughs or sneezes onto a person's face, or when a person breathes bird dropping particles.

The virus may be passed to humans by eating uncooked poultry. The virus is not passed by eating cooked meat or eggs, so there is no danger in eating fully cooked chicken, duck or turkey.

The World Health Organization is still closely monitoring whether bird flu will spread easily from person-to-person.

What are the symptoms?

The time between exposure to bird flu and symptoms may be up to 10 days. Symptoms may include:

- Flu-like symptoms of fever, cough, sore throat and muscle aches.
- Shortness of breath.
- Eye infections.

Severe cases of bird flu can cause serious breathing problems including pneumonia. Bird flu can cause death.

How is bird flu treated?

Treatment of people with bird flu will depend on their symptoms. Depending on how serious the symptoms, treatment may include supportive care, use of anti-viral medicines, and/or hospitalization.

Studies suggest that prescription medicines approved for human flu viruses may work in preventing bird flu in humans. However, flu viruses can become resistant to these drugs and may not always work.

Why is there so much concern?

The risk from bird flu is generally low for most people because the virus occurs mainly in domestic and wild birds. But during an outbreak of bird flu, there is a risk to people who have close contact with infected birds or surfaces that have been contaminated.

Because influenza viruses have the ability to change, scientists are concerned that the virus will one day infect people and spread easily from person-to-person. If the virus changes itself and were able to infect people and spread, an influenza pandemic – a worldwide outbreak of the disease – could begin.

No one can predict when a pandemic might occur. Experts from around the world are watching the situation very closely and are preparing for the possibility that the virus may begin to spread more easily and widely from person-to-person.

Is there a vaccine?

There is currently no vaccine available for humans, but a vaccine to protect birds is currently being used. Vaccine development efforts are under way and research to test a vaccine for humans began in April 2005.

If you have general questions bout bird flu, please contact the Public Health Information Line at 408.885.3980.

Web sites on Bird Flu

- www.sccpdh.org
  Santa Clara County Public Health Department for general information.
- www.pandemicflu.gov
  U.S. Department of Health & Human Services for updates.

Isolation & Quarantine

Introduction

Isolation and Quarantine are two actions that can be taken by health authorities to contain the spread of a contagious disease. The goal is to stop more people from becoming ill. Isolation and quarantine are different because isolation is for people who are known to have an illness or disease, and quarantine is for people who may have been exposed to an illness or disease but are not yet sick.

The Santa Clara County Public Health Department will be the local agency responsible for providing the public with isolation or quarantine instructions. Information is provided to help you understand what you may be asked to do if the Public Health Department issues isolation or quarantine orders.

Isolation: For People Who Are Sick

When people are placed in isolation, they are sick and have an infection that makes it necessary to separate them from people who are not sick. Having a sick person isolated (separated from others) can help to slow or stop the spread of disease. When isolated, the sick person will still be treated for his or her illness while healthy people will have some protection from getting sick. Isolation is a standard procedure used in hospitals for patients with tuberculosis (TB) and other contagious diseases. People who are isolated my be cared for in hospitals, other healthcare facilities and in their own homes.

In most cases isolation is voluntary, but federal, state and local health officials have the power to require the isolation of sick people to protect the general public's health.

Quarantine: For People Exposed, But Who Are Not Sick

When people are placed in quarantine, they are also separated from others. Even though the person is not sick at the moment, he or she was exposed to a contagious disease, may still become infectious and then spread the disease to others. Quarantine can help to slow or stop the spread of a contagious disease and has been effective in protecting the public from disease.

Quarantine is often voluntary, particularly when home confinement is needed. Other quarantine measures include restricting travel for those who have been exposed to a contagious disease, and restrictions on people coming or going into a specific area. States have the power to enforce quarantines within their borders.

What Other Measure Can Be Used to Limit the Spread of Disease?

Other public health measures that may be used to limit the spread of disease include canceling any event where large groups of people would gather. Some examples are school events such as basketball games, and public events like San Jose Sharks games. Another measure that may be used would be to close places such as schools, movie theaters and shopping malls temporarily. Mass transit systems may also be temporarily closed.

These measures would be used in combination with other public health activities to help limit or slow the spread of disease. Other activities include increased observation for the disease, monitoring people for symptoms, quick diagnosis of the disease, providing treatment for those who become ill, and preventive treatment for people who are quarantined. Depending on the type of disease, treatment could include medications or vaccination.

Have Isolation & Quarantine Recently Been Used?

During the 2003 global SARS outbreak, patients in the United States were isolated until they were no longer contagious. These patients were able to get the appropriate medical care. Seriously ill patients were cared for in hospitals, and people with mild illness were cared for at home. People at home were asked to avoid contact with other people and to remain at home until 10 days after their fever and other respiratory symptoms had stopped. Isolation helps contain the spread of SARS.

Since there was limited transmission of the disease in the United States, quarantine was not used. The CDC advised people who may have been exposed but didn't have symptoms, to monitor themselves for symptoms. If symptoms appeared, they were instructed to isolate themselves voluntarily at home and to get a medical evaluation. Quarantine was used effectively in other countries where there was extensive transmission of the disease.

Isolation & Quarantine have been used to contain outbreaks of tuberculosis (TB) and other contagious diseases. As mention above, isolation is a standard procedure used in hospitals for patients with contagious diseases.

For health-related questions or concerns, please contact the Santa Clara County Public Health Department at 408.885.3980.

For more information about health issues and emergency preparedness, please visit the following Web sites:

- www.cdc.gov
- www.sccphd.org
- www.pandemicflu.gov
- www.redcross.org

Social Distancing

Introduction

Social distancing is a term applied to certain actions that are taken by health officials to stop or slow down the spread of a highly contagious disease. The Health Officer has the legal authority to order social distancing measures. Since these measures will have a huge impact on our community, any action to start social distancing measures would be done in line with other local agencies such as cities, police departments and schools, as well as with state and federal partners.

The Santa Clara County Health Officer and the Public Health Department are in charge of providing the public with information about social distancing measures. This information can help you understand what you may be asked to do if the Health Officer puts social distancing measures into practice.

What Are Social Distancing Measures?

Social distancing measures are taken to limit when and where people can gather to stop or slow the spread of contagious diseases. Social distancing measures include stopping large groups of people coming together, closing building, and canceling events.

Why Would Social Distancing Measures Be Used?

Today, social distancing measures are most often thought about as a way to slow the spread of pandemic influenza. Health experts have looked at past pandemics and found that during the 1957-58 pandemic, the spread of the disease followed public get-togethers such as conferences and festivals. During the 1957-58 pandemic, the highest rates of illness were seen in school children because they are so close together in classrooms. Health experts believe that stopping groups of people from coming together will be important in slowing the spread of pandemic influenza.

Since a pandemic cannot be stopped once it has started, when pandemic influenza is first found in our area social distancing measures will be used to slow the spread of the disease. Because health experts do not know how much warning there will be, slowing the spread of the disease will give our community some extra time we need to be better prepared.

Examples of social distancing measure that would be carried out during a pandemic include:

- Closing all public and private K-12 schools and facilities, as well as all childcare centers.

- Canceling all indoor and outdoor events that get large crowds. These events include sports events, concerts, parades and festivals.
- Closing community centers, malls, and theaters, as well as postponing services at all places of worship.

During a pandemic, mass transit systems may also be temporarily closed or only be used for necessary travel. Other actions that would be taken include: public and private colleges delaying classes, going to web-based learning, canceling all large campus meetings and gatherings, public and private libraries changing their operations and stopping people from gathering by only letting people come in to pick up books that have been reserved or requested online or by telephone; and businesses changing company practices, setting up flexible shift plans, having employees telecommute, and canceling any large meetings or conferences.

What Other Public Health Actions Help Limit the Spread of Disease?

Other public health actions that are used to limit the spread of a contagious disease include isolation and quarantine.

Isolation is used when a person is sick and has a contagious disease. The sick person is separated from people who are note sick. People who are isolated may be cared for in hospitals, other healthcare facilities, or in their own homes. In most cases isolation is voluntary, but federal, state and local health officials have the power to force the isolation of sick people to protect the general public's health.

When a person is placed in quarantine, they are also separated from others. Even though the person is not sick at the moment, they were exposed to a contagious disease, may still become infectious, and then spread the disease to others. Other quarantine measures include limiting the travel of those who have been exposed to a contagious disease, and stopping people coming or going into a specific area. States have the power to put into force quarantines within their borders.

Both isolation and quarantine may be used by health officials during an influenza pandemic to help slow the spread of the disease

What Can I Do?

It is always important to avoid close contact with people who are sick. Health officials recommend that if you get sick, stay home and away from others as much as possible. Do not go to work sick and do not send sick children to school or day care. This will be even more important during a pandemic.

Even though it may seem simple, practicing good hygiene habits such as washing your hands and covering your cough will help stop

or slow the spread of many diseases. The Santa Clara County Public Health Department Web site (www.sccphd.org) has 'Wash Your Hands' and 'Cover your Cough' posters you can download and use.

During a pandemic, it will be critical to understand what you may be asked or required to do. It will be important to follow any social distancing instructions or any other instructions or orders given by health officials. So please stay informed and plan ahead. The Web sites listed below can help you prepare for public health emergencies, including the possibility of pandemic influenza.

Please remember, while pandemic influenza is likely to be more serious than any other public health emergency, most people who get this disease will survive.

For health-related questions or concerns, please contact the Santa Clara Public Health Department at 408.885.3980.

For more information abut health issues and emergency preparedness, please visit the following Web sites:

- www.cdc.gov
- www.sccphd.org
- www.pandemicflu.gov
- www.redcross.org

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