RESOURCES FOR MORE INFORMATION:

WEBSITES
North Georgia Health District  
www.nghd.org  
Georgia Division of Public Health  
www.health.state.ga.us  
Georgia Dept. of Agriculture  
www.agr.state.ga.us  
Georgia Dept. of Natural Resources  
www.gadnr.org  
U. S. Dept. of Health & Human Services  
www.pandemicflu.gov  
Center for Disease Control & Prevention  
www.cdc.gov/flu/avian/index.htm  
World Health Organization  
www.who.int/csr/disease/avian_influenza/en

PHONE NUMBERS
North Georgia Health District - (706) 272-2342  
County Health Departments -  
Cherokee:  -Canton (770) 345-7371  -Woodstock (770) 928-0133  
Gilmer:  (706) 635-4363  
Pickens:  (706) 253-2821  
Fannin:  (706) 632-3023  
Murray:  (706) 695-4585  
Whitfield:  (706) 226-2621  
N. GA Medical Reserve Corps-(706) 272-2125, x306  
GA Division of Public Health - 404-657-2700  
GA Dept. of Agriculture - 404-656-3645  
GA Dept. of Natural Resources - 404-656-3500  
CDC - 800-232-4636 English  
800-246-2857 Spanish  
800-232-6438 TTY

REFERENCES:  
www.health.ri.gov  
www.idph.state.il.us  
www.cdc.gov  
www.pandemicflu.gov  
www.atlantaredcross.org  
www.fairfaxcounty.gov/hd

A GLOBAL THREAT!

Get Informed

Pandemic Influenza

Get Informed

Be Prepared

What is influenza?

Influenza (flu) terms defined.

Seasonal (or common) flu is a breathing illness that can be transmitted from person to person. Most people have some resistance to it, and a vaccine is available.

Avian (or bird) flu is caused by influenza viruses that occur naturally among wild birds. The H5N1 variant is deadly to domestic fowl and can be transmitted from birds to humans. There is no human immunity, and there may be no vaccine immediately available.

Pandemic flu is a powerful human flu that causes a worldwide outbreak, or pandemic, of serious illness. Because there is little natural immunity, the disease can spread easily from person to person. Currently, there is no pandemic flu.

How does the flu virus spread?

Influenza viruses spread in tiny droplets caused by coughing and sneezing. They usually spread from person to person. Sometimes, however, people become infected by touching something that was recently contaminated with the virus and then touching their mouth or nose. Most adults may be able to infect others before they show symptoms and up to five days after becoming sick. Children can remain infectious longer than adults. In close quarter settings, they can infect adults and other children for up to a week after becoming sick.

How can I avoid getting the virus?

Practice good health habits, starting today!

- Wash your hands frequently with soap and water, or alcohol-based gels.
- Avoid close contact with people who are sick.
- Also, when you are sick, stay away from others to protect them from getting sick, too.
- Stay home when you are sick.
- Avoid touching your eyes, nose or mouth.
- Cover your mouth and nose when you cough or sneeze. Use a disposable tissue and throw it away at once. It may prevent those around you from getting sick.
- Get a flu shot every year.

Are treatments available?

Current technology used to make flu vaccine may not be fast enough to make a vaccine against pandemic influenza. Congress has approved money for vaccine research and for the construction of vaccine production facilities.

The federal government keeps some medical supplies and antiviral drugs on hand, but no country has enough for everyone. Antivirals may be helpful in a pandemic and would be given to priority groups based on guidance from the Dept. of Health and Human Services.

Visit the www.pandemicflu.gov Website for more information and updates
Be Prepared

What should you and your family be doing?

Be Aware
Stay informed about the flu by watching the news, reading the newspaper and visiting local, state and federal websites. See the back page for a list of resources.

Be Prepared
Preparing now could help during a flu pandemic or other public health emergency. Here are things you can do.

To prepare at home:
• Make it a habit to fill any prescriptions several days before you run out.
• For any public health emergency, it’s a good idea to have at least a two-week supply of the following items: water, foods with long shelf lives (see last panel), a portable radio, medications and first aid supplies, toiletries, items for children, personal protective equipment such as N95 masks, disposable gloves, and a disinfectant such as alcohol or chlorine.
• Stay up-to-date on all your immunizations, especially on flu and pneumonia shots.

Here’s what businesses and schools can do:
• Create a plan to keep your business operational.
• Encourage sick employees/students to stay home.
• Plan for employee/student absenteeism. Will your business or school stay open? How?

What is the Health Department doing?
The mission of the Health Department is to protect the health of the public by preventing and controlling the spread of disease and promoting healthy behaviors.

Your County Health Department is:
• Preparing response plans with many private and government agencies, including the Georgia Division of Public Health and the CDC, for a large-scale influenza outbreak.
• Connecting with area hospitals to be able to detect (early) patients with unusual symptoms.
• Working with local governments to identify sites for distribution of medications, such as vaccines for the public.
• Forming close working relationships with other local public safety agencies such as the police and fire departments to enable a coordinated response to an influenza pandemic and other public health emergencies.
• Working with the North Georgia Medical Reserve Corps Volunteers to prepare for and respond to crises. See the back page for local Medical Reserve Corps (MRC) contact number.

The Georgia Division of Public Health is planning for the distribution of any vaccines and antivirals that might be made available by the federal government to Georgia’s citizens. Priority groups such as first responders, healthcare workers, and emergency preparedness volunteers will be first to receive any of the medications. The state is also stockpiling antivirals as they become available.

Individual and Family Preparedness

Become familiar with this website:
www.pandemicflu.gov

The importance of individual and family preparedness cannot be overstated. Businesses cannot operate without healthy workers. Security personnel cannot be expected to work if they or their family members are ill. In essence, preparedness at every other level depends on individuals and families staying healthy.

The federal Department of Health and Human Services has prepared this website to provide comprehensive information and planning guides for governments, businesses, schools, healthcare facilities, communities, and most importantly, for individuals and families.

During an influenza pandemic, many thousand of Georgians will become sick. In fact, every year, businesses and schools experience significant absenteeism from the effects of seasonal flu. This loss of production at businesses and attendance is schools could be minimized if everyone practiced good hygiene, kept themselves healthy, and became experienced in home healthcare for families. These habits will be vital during an influenza pandemic.

Sneeze and cough etiquette will prevent the spread of the virus within family units. The health of an individual’s immune system can be maximized by simply eating right, getting lots of sleep, drinking plenty of fluids and exercising. Also, families can become familiar with some basic, good home healthcare practices at www.atlantaredcross.org.

What should you stockpile for an extended stay at home?

Examples of food and non-perishables
□ Ready-to-eat canned meats, fish, fruits, vegetables, beans and soups.
□ Protein or fruit bars
□ Dry cereal or granola
□ Peanut butter or nuts
□ Dried fruit
□ Crackers
□ Canned juices
□ Bottled water
□ Canned or jarred baby food and formula
□ Pet food
□ Other nonperishable foods

Examples of medical, health and emergency supplies
□ Prescribed medical supplies, such as glucose and blood-pressure monitoring equipment.
□ Soap and water, or alcohol-based (60-95%) hand wash
□ Medicines for fever, such as acetaminophen or ibuprofen
□ Thermometer
□ Anti-diarrheal medication
□ Vitamins
□ Fluids with electrolytes
□ Cleansing agent/soap
□ Batteries
□ Portable radio
□ Manual can opener
□ Garbage bags
□ Tissue, toilet paper, disposable diapers
□ Personal protective equipment