

Pandemic Influenza

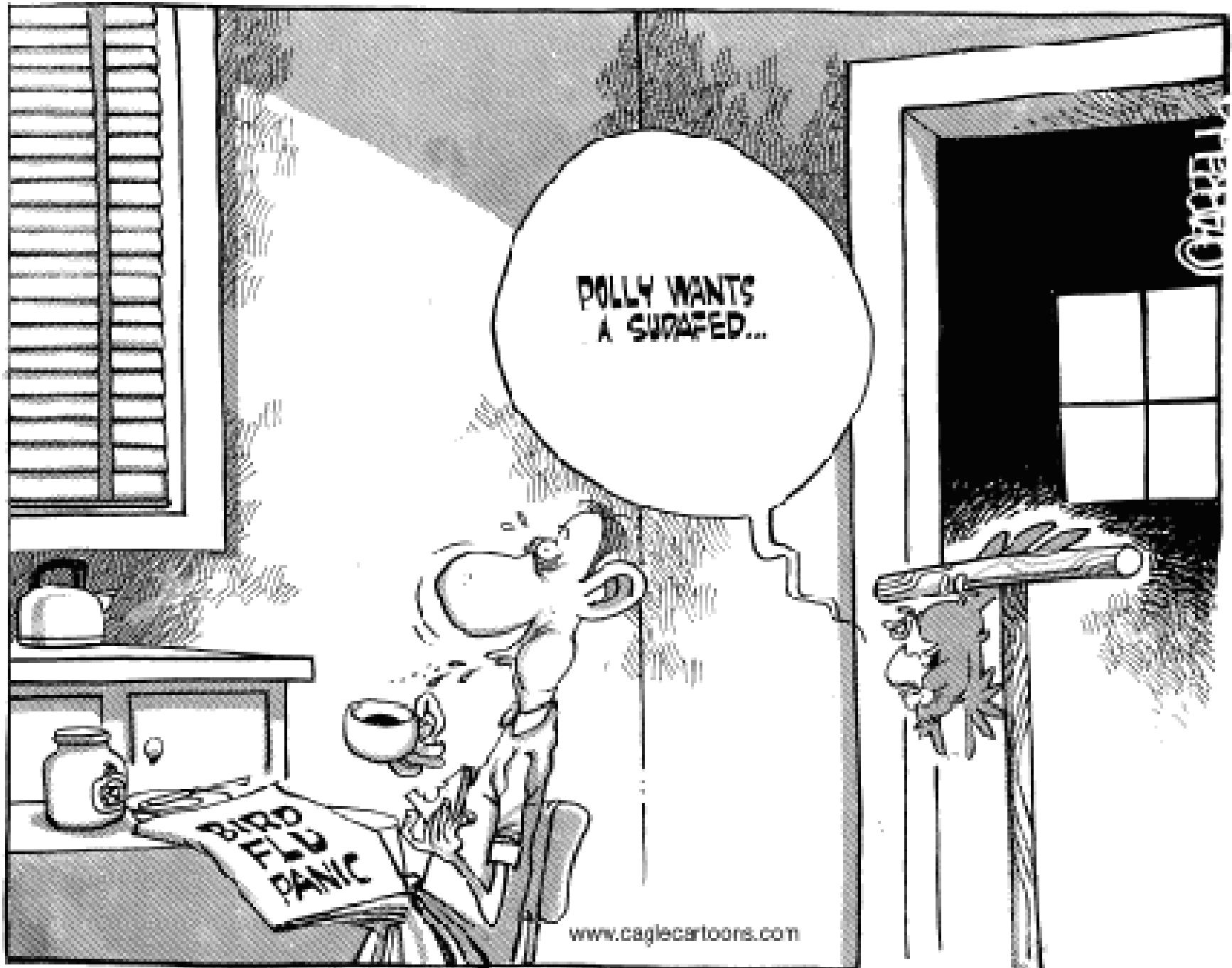
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Safeguard Iowa Partnership Conferences

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Objectives

- Discuss the science behind pandemic influenza;
- Describe Iowa's influenza surveillance program;
- Discuss resources and guidance for local, state and federal plans;
- Discuss business planning during a pandemic



Flu Terms

- **Seasonal (common) flu**

- A respiratory illness that can be transmitted person to person

- **Avian (or bird) flu**

- Caused by influenza viruses that occur naturally among wild birds

- **Pandemic flu**

- Is virulent human flu that causes a global outbreak of serious illness



Background

- **What is the difference between a Pandemic and an Epidemic?**
 - **Pandemic:** A pandemic is a disease outbreak that has spread around the world to many people
 - **Epidemic:** An epidemic is when more people in a certain area or region become ill creating more cases than normal in that area and at that time



Background

- Influenza (flu) viruses can make both people and animals sick
- Seasonal flu happens every October through May, peaking in February
 - 1,000 Iowans die every year from seasonal influenza and its complications like pneumonia

Seasonal vs. Pandemic

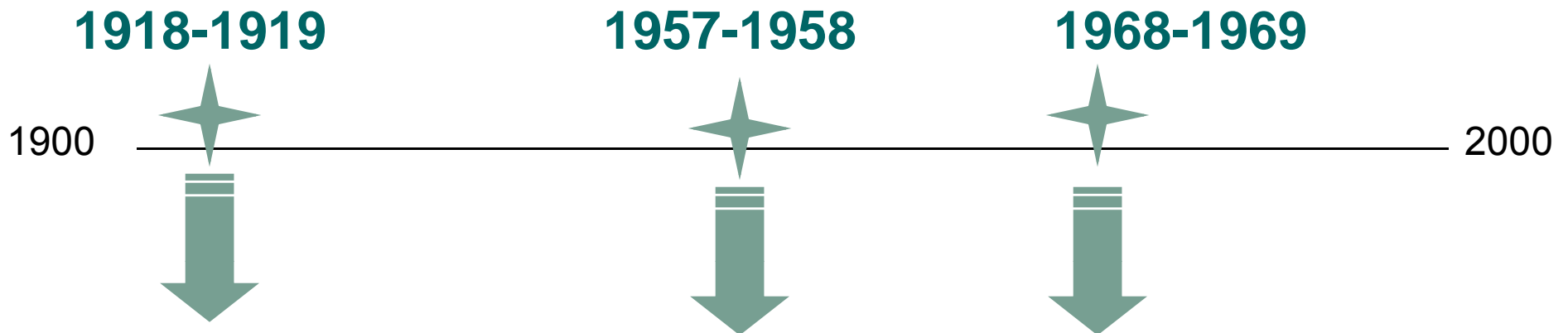
Seasonal

- Less severe
- Hits during winter months and resolves
- Usually mutates to a new strain from season to season
- Consistently affects certain groups of people more than others

Pandemic

- Varying levels of severity
- Novel strain
- Usually infects multiple species
- Occurs in waves that lasts 2-3 years
- May impact any age group

Flu Pandemics in the last 100 Years

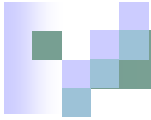


- This was known as the “Spanish Flu”, it happened during WWI and caused about 500,000 U.S. deaths.

- This was known as the “Asian Flu”, and caused about 80,000 U.S. deaths.

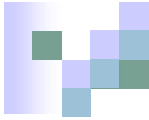
- This was known as the “Hong Kong Flu” and caused about 30,000 U.S. deaths.





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Avian Influenza or “Bird Flu”

- Avian flu usually only infects birds
- The Avian flu currently in Asia has caused illness and death in birds
- As of May 5, 2008 the current Avian flu has caused illness in about 382 people
 - Almost every person who got ill had touched a bird sick with Avian flu
- The current strain of Avian flu is not causing a pandemic of flu



The Pandemic Potential of the Current Avian Strain...

Three things must happen before any strain of flu can cause a pandemic:

- 1) The flu must spread easily from person to person
- 2) It must make a person sick
- 3) It must be a type of flu no one has ever had before



Planning

- **The Iowa Department of Public Health (IDPH) has a “Public Health Emergency Response Plan”**
 - The plan describes how health officials in Iowa should react in a public health emergency such as pandemic flu
 - Every county in Iowa also has a plan
 - The State of Iowa has practiced this plan several times
 - IDPH continues to work with partners at the federal, state and local level





Mission of the Pandemic Influenza Plan

- To ensure an immediate and effective response in the event of an influenza pandemic to:
 - Limit the death tolls
 - Minimize economic loss and social disruption



Watching for Seasonal Flu...

- IDPH tracks how the regular or “seasonal” flu affects Iowans using a network of physicians, schools, child care centers and long term care facilities that track flu-like sickness in their locations. Flu network participants are located in every region of Iowa
- IDPH also reviews death certificates to see if flu is causing more deaths than expected in Iowa



Watching for Seasonal Flu...

- The state watches the types of flu that people have and looks for unusual types that might not be covered by the vaccine
- State health officials watch what happens in other states to see how Iowa might be affected



How will Iowa be affected by a Pandemic of Influenza?

- 15-35% of the population may be affected
 - 450,000 to 1 million people in Iowa could become sick
 - 900-2,000 might die from pandemic influenza
- Not everyone would become sick at the same time
- Waves of pandemic flu might happen several times over 2-3 years



What about a vaccine?

- Research is being conducted to develop vaccines against avian influenza
 - Birds
 - Humans
- Avian flu may or may not become pandemic flu
- Vaccine may or may not provide any protection
- It will take at least 6 months to make a vaccine once a pandemic arrives
 - Then only a limited supply will be available



What about antiviral medication?

- Iowa has a stockpile to cover about 1/3 of the population with a 10 day dose of medication
- May get more from Federal Government and manufacturers
- Actual effect against pandemic strain is unknown
 - Resistance is known with some medications but not those being stockpiled
- Iowa has ordered it's allotment of antiviral medications

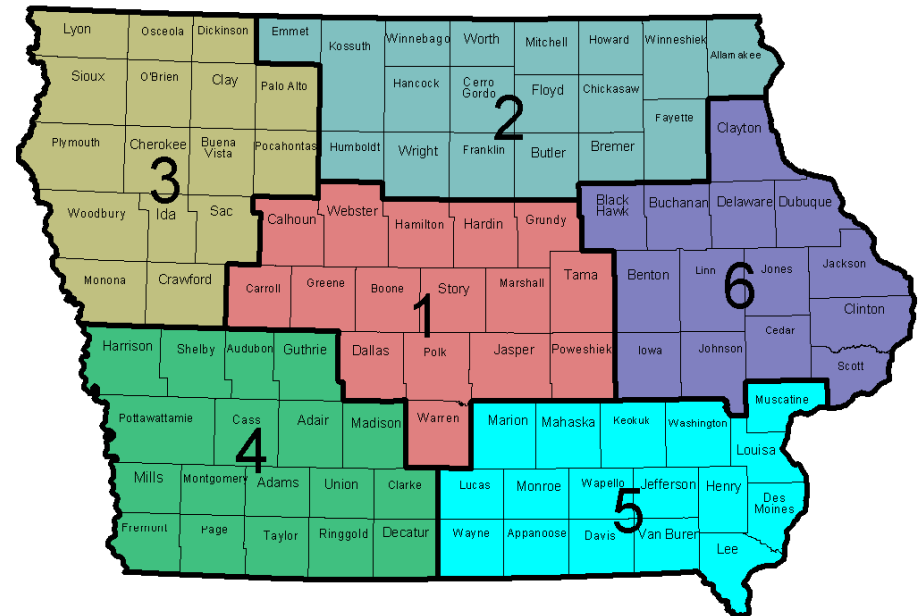


Potential Effects on Businesses within your service areas

- Large percentages of the working population may be unable to work for days to weeks
- Without safe water or wastewater removal business shutdowns
- Diminished numbers of people and expertise
- Loss of services from suppliers
- Business travel may be affected

Planning

The state of Iowa is divided into 6 planning regions that encompass 99 local public health agencies and 117 hospitals. These agencies are linked and routinely share information.



Multidisciplinary Partnerships

- Local multi-disciplinary meetings
- Local Emergency Manager
- Risk Communication/PIO
- IDNR
- Local and State EH
- Local businesses





How to Prepare Your Business

- Draft an emergency plan- template available through the IDPH, include continuity of operations plans
- Provide staff with Protect Iowa Health guidebooks
- Encourage staff to prepare personally
 - www.protectioniowahealth.org
- Exercise your emergency plan





Plan for Service Interruption

- Separate contracts with vendors
- Eliminated computerized ordering with contingency planning
- Alternate source for water distribution-
disruption of water supply
- Generator testing done: emergency power
- Financial Considerations- banks and cash
flow



Staffing

- Written agreements
- How much redundancy is there in staff positions
- Plan for staff
 - Childcare
 - Pets or livestock
 - Elder or disabled family members



Nutritional Support

- The more remote, the more supplies needed
- Water may not be an issue: power may be the issue
- 7 day minimum
- Do not rely on any outside assistance



Communication

- Is there back-up to land line phone use?
- Are your phones tied into your computer system?
- Do you rely on cell phone technology?
- Are radios an option?
- Coordinate with county emergency manager, police and fire



Computers: Information Technology

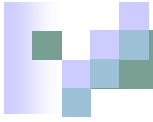
- Plan for pen and paper back-up
- Advanced directives
- Critical information must be accessible



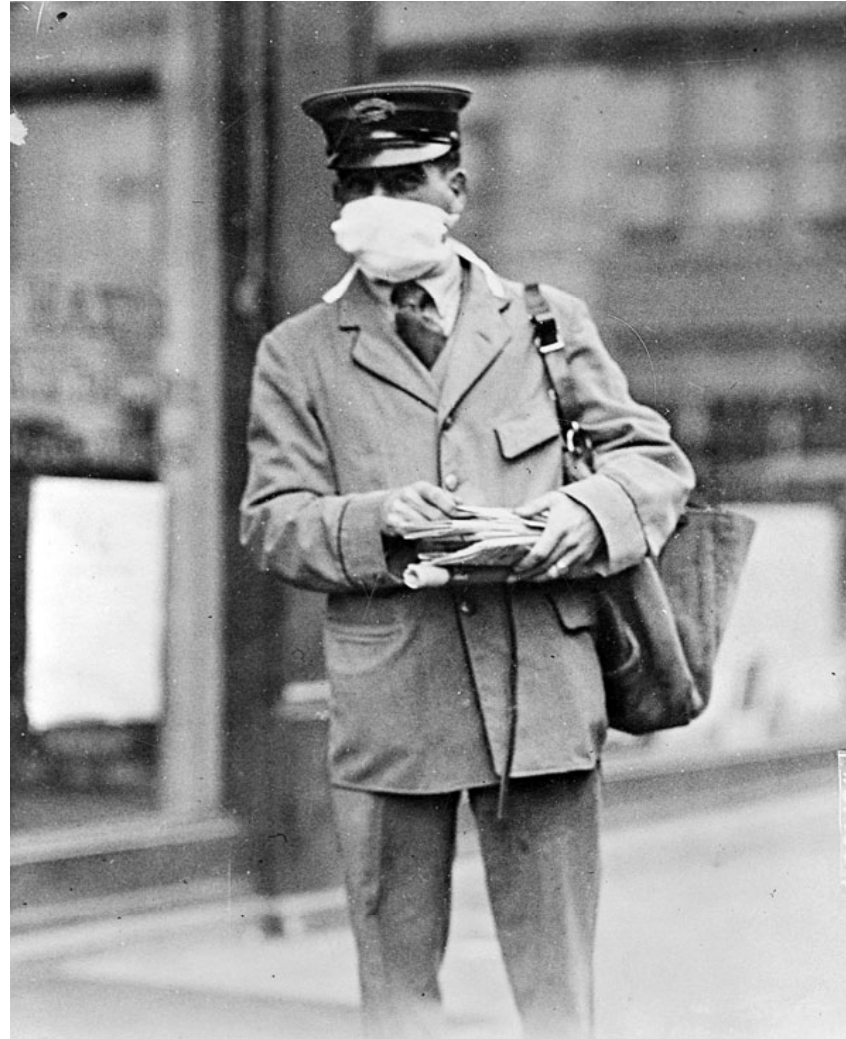
Travel Related Issues

- The IDPH will issue travel advisories through their website
<http://www.idph.state.ia.us/pandemic/default.asp>
- A **travel advisory** is a public notice issued by a government agency to provide information about the relative safety of traveling to or visiting one or more specific destinations.
- Businesses should communicate these advisories to staff that are preparing to travel
- Businesses should determine and enforce appropriate travel policies
- Information concerning travel, self checking for symptoms and seeking medical care will be provided on the IDPH website at
<http://www.idph.state.ia.us/adper/flu.asp>





ARE YOU READY?



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Activities to Reduce the Spread of the Virus

- Social distancing, such as postponing conferences, conducting telephone meetings
- Cleaning facilities
- Educating employees to reduce concern
- Handling employees who become ill at work
- Appoint a pandemic coordinator/team
- Protect Iowa Health guidebooks

Personal Protective Measures



- Social distancing
- Hand hygiene
 - Soap, water, and scrubbing for at least 15 seconds
 - Alcohol based hand gels when hands not visibly dirty.
- Sneeze and cough into tissue or elbow
 - Dispose of tissue in trash
 - Wash hands or use alcohol hand gel

Prepare for Challenges

- Family Guide, Checklists and Information Sheets
- Social Disruption
- Work
- Schools
- Transportation
- Be prepared
- Stay healthy
- Get your annual flu shot
- Protect Iowa Health guidebooks





Helping Iowa Businesses Prepare

- Business preparedness packet:
 - Available at www.idph.state.ia.us/pandemic
 - Includes the following:
 - Letter from Director Newton and Dr. Quinlisk
 - Pandemic Influenza Fact Sheet
 - Flu Fighters article
 - Influenza- Recommendations for Businesses
 - Business Pandemic Influenza Planning Checklist
 - Pandemic Influenza Planning Guide for Businesses
 - 4 disease prevention posters
 - Faith-based and Community Organizations Checklist (HHS)
 - Business Continuity of Operations Sample Plans





Emergency Planning 2008 Forward

- We cannot be an island: Community
- Cooperation between agencies
- Safeguard Iowa Partnership
- Awareness and participation: all staff and residents, all shifts
- Promote resident and employee safety
- Civic responsibility





What can Iowans do to Prepare for Pandemic Influenza?

Iowans can prepare for a pandemic like they would for any emergency

- ✓ **Prepare an emergency kit**

For more information, visit the Protect Iowa Health website at www.protectiowahealth.org

- ✓ **Get your flu shot every year**

- ✓ **Get the facts**

Seek out information to read on pandemic often and from sources with good information. Local, state and federal health departments are usually good places to get information





The Future...

- State health officials will continue to watch where the avian flu is in the world and if people are getting ill
- IDPH will continue to listen to the information coming from experts at the World Health Organization and the Centers for Disease Control
- IDPH will continue to work on additional plans and practicing these plans to be as ready as possible

Resources

- **Protect Iowa Health campaign**

www.protectiowahealth.org

- **IDPH Influenza website**

www.idph.state.ia.us/adper/flu.asp

- **CDC avian/pandemic website**

www.cdc.gov/flu/pandemic

- **WHO avian/pandemic website**

www.who.int/csr/disease/avian_influenza/en/index.html



Protect Yourself, Your Family and Your Co-Workers

- Get your annual flu vaccine





Questions



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