Pandemic Influenza

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Safeguard Iowa Partnership Conferences

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POLLY WANTS A SUDAFED...
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

<table>
<thead>
<tr>
<th>Seasonal</th>
<th>Pandemic</th>
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<tbody>
<tr>
<td>Less severe</td>
<td>Varying levels of severity</td>
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<td>Hits during winter months and resolves</td>
<td>Novel strain</td>
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<td>Usually mutates to a new strain from season to season</td>
<td>Usually infects multiple species</td>
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<td>Consistently affects certain groups of people more than others</td>
<td>Occurs in waves that lasts 2-3 years</td>
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<td>May impact any age group</td>
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Flu Pandemics in the last 100 Years

1918-1919
- This was known as the “Spanish Flu”, it happened during WWI and caused about 500,000 U.S. deaths.

1957-1958
- This was known as the “Asian Flu”, and caused about 80,000 U.S. deaths.

1968-1969
- This was known as the “Hong Kong Flu” and caused about 30,000 U.S. deaths.
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 of Iowans
  - Minimize economic loss and social disruption

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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

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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

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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 its allotment of antiviral medications.

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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

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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.protectiowahealth.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

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Staffing

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

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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

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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](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](http://www.idph.state.ia.us/adper/flu.asp).

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ARE YOU READY?
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

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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

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Helping Iowa Businesses Prepare

- Business preparedness packet:
  - Available at [www.idph.state.ia.us/pandemic](http://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

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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](http://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.

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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

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Protect Yourself, Your Family and Your Co-Workers

Get your annual flu vaccine
Questions