

## How can I protect myself and my family against the flu?

Flu viruses spread through the air when people cough or sneeze. To reduce the risk of catching the flu or spreading the flu, remember these basic actions:

- Wash your hand frequently with soap and water for at least 20 seconds
- Use an alcohol-based hand sanitizer
- Cover your mouth/nose when you cough/sneeze
- Avoid large crowds whenever possible
- Do not go to work when you are ill
- Do not send your child to school or daycare when ill
- Avoid contact with people who are ill
- Eat a healthy diet
- Exercise



### Key Pandemic Flu Facts

- A vaccine cannot be made until the virus is identified.
- Pandemic flu spreads quickly and easily because people have no immunity.
- Pandemic flu is likely to be more severe than seasonal flu.
- The effectiveness of antivirals is unknown.

## Resources

For more information, refer to:

- [www.pandemicflu.gov](http://www.pandemicflu.gov)
- [www.cdc.gov](http://www.cdc.gov)
- [www.who.gov](http://www.who.gov)
- [www.idph.state.il.us](http://www.idph.state.il.us)
- [www.logancountyhealth.org](http://www.logancountyhealth.org)



In the event of a pandemic flu, announcements and updated information will be provided on the television, on the radio, and in local newspapers.

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LOGAN COUNTY HEALTH  
DEPARTMENT

# An Influenza Pandemic: What You Need to Know



[www.logancountyhealth.org](http://www.logancountyhealth.org)

## What is Pandemic Flu?

A pandemic is a global disease outbreak. The Center for Disease Control (CDC) defines pandemic as “an influenza outbreak that occurs when a new influenza virus appears or emerges in the human population, causing serious illness that spreads easily from person to person worldwide.”



Historically, the 20th century endured three influenza pandemics:

1. 1918, causing at least 500,000 U.S. deaths
2. 1957, resulting in at least 70,000 U.S. deaths
3. 1968, recording at least 34,000 U.S. deaths

Challenges of a pandemic include:

1. Rapid worldwide spread
2. Overload of healthcare systems
3. Economic and social disruption
4. Inadequate medical supplies

## Pandemic Flu vs. Seasonal Flu

### ***Pandemic Flu***

- Occurs rarely
- Affects about 25% of the population
- Is a risk to all ages
- Predicted to result in a severe mortality rate
- Vaccines available 3 to 6 months after pandemic begins
- Limited supply of antiviral drugs

### ***Seasonal Flu***

- Occurs each year usually during the winter months
- Affects about 10% of the population
- Is a higher risk for the elderly, very young, or those with an underlying health condition
- Results in 36,000 deaths each year
- Vaccines available annually
- Adequate supply of antiviral drugs



## What is being done to prepare for the next Pandemic?

Local, State, and Federal Health Departments and healthcare providers are increasing their surveillance capabilities to better detect and monitor influenza, especially during a pandemic flu event. The pandemic flu grant initiative allows Logan County to develop a pandemic influenza preparedness and response plan and participate in a tabletop exercise to assess readiness and ensure collaboration, cooperation, and communication.

## Communication in a Pandemic Response

In order to make informed decisions as individuals, it is important to understand what pandemic flu is, what needs to be done to prepare for a potential pandemic, and what possible scenarios could happen during a pandemic.

Should a pandemic occur, the public must depend on its government to provide credible public health information. The Logan County Health Department will provide education and outreach for the community to improve pandemic flu preparation.