

PANDEMIC FLU PLANNING

PUBLIC AWARENESS TIPS



PREPARED BY: Montgomery County Emergency Preparedness Office

PLANNING FOR PANDEMIC INCIDENTS

Much has been written about a Pandemic and the Media has attempted to awaken the public's concern regarding a possible Flu Epidemic in the World that will be hard to diagnose and that will take time to develop antibodies against. Because we live in a fast-moving World, the spread of an unknown flu could be rapid and could affect a vast number of people at one time. None of us can stop a pandemic if (when) it occurs, but we can try to lessen its spread (mitigate/contain) and lessen its impact on our lives.

Consider what should be done now:

1. Recognize that this is a people issue.
2. Businesses and Agencies should start planning for continuity of operations should half of your work force be unable to work.
3. If possible, cross train personnel, especially in critical operational areas.
4. In your planning don't forget recent retirees as possible fill-in work force.
5. Establish flexible working practices to include allowing key people to work from their home, if possible.
6. Stock up on supplies to include canned food and water as we might do during the storm season.
7. If you or your family require medications you should have a extra week of two of supplies as you might now do for vacations.
8. Begin, now, to introduce into the workplace good health and hygiene practices that will lead to better containment of the virus, to include:
 - a. Effective cleaning and washing of hands – possibly making hand-sterilizing agents available in the work place.

- b. Hygienic cough and sneeze management (cover mouth and nose). Avoid touching your eyes, nose, and mouth.
- c. Maintain a clean hygienic workplace – wipe down desks, phones, etc. Limit use of closed meeting rooms and large meeting.
- d. Practice Social Distancing – restrict physical contact such as handshakes, hugs, etc.
- e. Encourage responsible sickness behavior – if you are running a fever, don't come to work. If members of your family are sick, practice social distancing at home.
- f. IF YOU DO CONTRACT THE PANDEMIC FLU, AS SOON AS YOU RECOVER, RECOGNIZE THAT YOU ARE NOW A VALUABLE MEMBER OF THE WORKFORCE.
- g. Encourage your employees to get their standard flu shots – this will help ward off the known flu viruses.
- h. Consider whether you should attempt to access/stockpile anti-viral medications, such as Tamiflu. Remember that attempting to manage medication is a complex issue and one that should be approached with great caution.

SOME SIMPLE THINGS YOU CAN DO

1. Cover your mouth and nose when you sneeze or cough.
2. Clean your hands often.
3. Avoid touching your eyes, nose, or mouth
4. Stay home when you are sick and check with a health care provider when needed.
5. Practice other good health habits.

REMEMBER WE'RE TALKING ABOUT THE FLU!