

## **PANDEMIC FLU DIFFERS FROM SEASONAL FLU**

### **SEASONAL FLU**

- Seasonal flu is a respiratory illness that can be transmitted person to person. Most people have some immunity and a vaccine is available.
- Symptoms include sudden fever, cough, sore throat, headache, and muscle pain.
- Healthy adults are usually not at risk for serious complications, as the very young, elderly and people with serious health conditions are at risk.
- The common flu that spreads each winter generally causes a modest impact on society (36,000 die annually).

### **PANDEMIC FLU**

- Pandemic flu is caused by a new influenza virus that people have not been exposed to before.
- Flu shots might not be available during the beginning of a pandemic.
- Symptoms will be similar to the regular flu, but may be more severe and complications could be more serious.



### **The Village of Glen Ellyn**

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

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### **Other Resources:**

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**DuPage County Health Department:**  
[www.dupagehealth.org](http://www.dupagehealth.org)

**U.S. Government Website for Pandemic/  
Avian Flu Information:**  
[www.pandemicflu.gov/plan/tab3.html](http://www.pandemicflu.gov/plan/tab3.html)

**The American Red Cross:**  
[www.redcross.org/services/](http://www.redcross.org/services/)

**Centers for Disease Control and  
Prevention:**  
<http://www.cdc.gov/flu/avian/>

## **Pandemic Flu Planning Checklist for Individuals & Families**



The Village of  
Glen Ellyn  
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*In preparation for an influenza pandemic, this checklist will help you take steps to protect and lessen the impact on you and your family. Many of these steps are good advice to help you and your family during any disaster, like a tornado or snowstorm.*

### **At Home:**

Store water, food and other essentials: Prepare to get by for at least a week on what you have at home. You may be unable to get to a store, stores may not be open or stores may have limited supplies for weeks. Public services may also be disrupted, so prepare for outages in electricity, water and garbage services.



### **Keep Extra Supplies on Hand:**

#### **Non-Perishable Food:**

- Canned meats, beans, fruits, vegetables, soups
- Protein or Fruit Bars
- Dry cereal or granola
- Dried fruit
- Peanut butter & Jelly
- Nuts & trail mix
- Crackers
- Comfort food: cookies, candy, instant coffee, tea bags
- Bottled water, juices
- Baby food



#### **Emergency Supplies:**

- Baby Supplies, Pet food & pet supplies
- Feminine supplies
- Flashlight
- Portable radio
- Extra batteries
- Manual can opener
- Plastic garbage bags
- Tissues & toilet paper
- Entertainment: games, crafts, books, etc.
- Supplies for persons with special needs
- Extra cash



### **Medical & Health Supplies:**

- Prescribed medicines
- Soap and water
- Alcohol-based hand cleaner
- Medicines for fever & pain, vitamins
- Throat lozenges, cough syrup
- Fluids with electrolytes

### **Make Emergency Plans:**

- Prepare for possible changes in health care, determine medical needs
- Agree on point of contact to check-in with family members
- Know work, school policies about illness and sick leave
- Explore other ways to get work done

### **Prevent the Spread of the Virus:**

- Stay home from work/school when you are sick
- Stay away from others as much as possible when they are sick
- Wash hands frequently
- Cover your mouth, nose when coughing, sneezing
- Discard used tissues right away