



## *Pandemic Influenza Pre-Event Message Maps*

The United States Department of Health & Human Services developed these avian influenza and pandemic influenza communication tools using the communication science-based message mapping development process.

“Message maps” are risk communication tools used to help organize complex information and make it easier to express current knowledge. The development process distills information into easily understood messages written at a 6th grade reading level. Messages are presented in 3 short sentences that convey 3 key messages in 27 words. The approach is based on surveys showing that lead or front-page media and broadcast stories usually convey only three key messages usually in less than 9 seconds for broadcast media or 27 words for print. Each primary message has three supporting messages that can be used when and where appropriate to provide context for the issue being mapped.

These pandemic influenza and avian influenza message maps are in the public domain. They may be used freely, including copying or redistributing on paper or electronically.

**Pandemic Influenza (100 series)**

100. What is pandemic influenza?
101. How is pandemic influenza different from seasonal flu?
102. Have there been influenza pandemics before?
103. What are the chances there will be pandemic influenza again?
104. How much warning will we have in the U.S. if a pandemic starts?
105. How fast would pandemic influenza spread?
106. How many people are likely to get sick in a pandemic? How many will die?
107. Will this be like Swine Flu in 1976, when many people were vaccinated, then the disease didn't appear?
108. How worried should people be about pandemic influenza?
109. Could terrorists make and spread an influenza virus for a pandemic?
110. If pandemic influenza comes into the United States, who is likely to get it first?
111. What should the public know about pandemic influenza now?
112. What should people do if there is an outbreak of pandemic influenza?
113. How do new influenza viruses come about?
114. Will people with strong immune systems be immune to pandemic influenza?
115. Is everyone at the same risk of illness or death from pandemic influenza?

## **100. What is pandemic influenza?**

*Pandemic influenza is a global outbreak caused by a new influenza virus.*

- The virus may spread easily, possibly causing serious illness and death
- Because so many people are at risk, serious consequences are possible.
- Historically, pandemic influenza has caused widespread harm and death.

*Pandemic influenza is different from seasonal influenza (or “the flu”).*

- Seasonal outbreaks of the flu are caused by viruses that are already among people.
- Pandemic influenza is caused by an influenza virus that is new to people.
- Pandemic influenza is likely to affect many more people than seasonal influenza.

*Timing and consequences of pandemic influenza are difficult to predict.*

- Pandemic influenza has occurred three times in the last century.
- Flu viruses are constantly changing.
- The most serious was the 1918 pandemic which killed tens of millions of people worldwide.

*Preparing now can limit the effects of pandemic influenza.*

- The World Health Organization, the US Department of Health and Human Services, and countries throughout the world have developed emergency plans for a pandemic influenza.
- Informed public participation and cooperation will be needed for effective public health efforts.
- Individuals should stay informed about pandemic influenza and prepare as they would for any emergency.

## **101. How is pandemic influenza different from seasonal flu?**

*Pandemic influenza is caused by an influenza virus that is new to people.*

- Seasonal flu is caused by viruses that are already among people.
- Pandemic influenza may begin with an existing influenza virus that has changed.
- Fewer people would be immune to a new influenza virus.

*The timing of an influenza pandemic is difficult to predict.*

- Seasonal flu occurs every year, usually during winter.
- Pandemic influenza has happened about 30 times in recorded history.
- An influenza pandemic could last longer than the typical flu season.

*An influenza pandemic is likely to be more severe than seasonal flu.*

- Pandemic influenza is likely to affect more people than seasonal flu.
- Pandemic influenza could severely affect a broader set of the population, including young adults.
- A severe pandemic could change daily life for a time, including limitations on travel and public gatherings.

## **102. Have there been influenza pandemics before?**

*Influenza pandemics have occurred throughout recorded history.*

- About 30 influenza pandemics have been recorded.
- There were three influenza pandemics in the last century.
- The most recent influenza pandemic was Hong Kong Influenza in 1968-69.

*The severity of influenza pandemics has varied.*

- The 1918 pandemic killed tens of millions of people worldwide.
- Deaths from the 1968-69 Pandemic were about the same as for seasonal influenza.
- Severe pandemics can have severe adverse effects on the economy and daily life.

*It is difficult to predict how the next influenza pandemic will compare to the past.*

- The severity of a pandemic influenza will depend on the virus that causes it.
- Increased travel and greater populations could speed the spread of pandemic influenza.
- Better detection and medical treatments could lessen the effects of an influenza pandemic.

### **103. What are the chances there will be pandemic influenza again?**

*Pandemic influenza will occur again.*

- It is difficult to predict when the next pandemic will occur and how severe it will be.
- Influenza viruses are always changing.
- Occasionally a new virus emerges that can spread easily among humans.

*Scientists are concerned that “bird flu” (H5N1 avian influenza) in Asia could change, causing pandemic influenza.*

- The virus is spreading to birds and other animals in new regions.
- The virus has infected some people, causing severe illness and death.
- In rare cases the virus has spread from one person to another.

*The United States and other countries are preparing to respond to pandemic influenza.*

- The Department of Health and Human Services and others are developing supplies of vaccines and medicines.
- The US has been working with the World Health Organization and other countries to strengthen detection and response to outbreaks.
- Preparedness efforts are ongoing at the national, state, and local level.

## **104. How much warning will we have in the U.S. if a pandemic starts?**

*Warning time will depend on where the new virus starts.*

- New influenza viruses often originate in Asia.
- Many experts believe that the worst recorded outbreak of pandemic influenza – the 1918 pandemic – started in the United States.
- The US is working with the World Health Organization and other countries to strengthen detection and tracking of new influenza viruses.

*Warning time will depend on how soon the virus is identified.*

- Pandemic influenza is caused by an influenza virus that is new to people.
- Many viruses circulate in animals, but don't cause disease in most humans
- The virus must spread easily among people to become pandemic influenza

*The effectiveness of control measures will depend on where the new virus starts.*

- If the new virus starts in Asia, limitations on travel, such as those used for SARS, may delay entry into the U.S.
- It is unlikely that control measures will prevent pandemic influenza from entering the U.S.
- Preparing now can limit the spread and effects of pandemic influenza.

## **105. How fast would pandemic influenza spread?**

*When pandemic influenza begins, it is likely to spread very rapidly.*

- Influenza is a contagious disease of the lungs.
- Influenza usually spreads by infected people coughing and sneezing.
- Most people will have little or no immunity to pandemic influenza.

*Efforts to prepare for pandemic influenza are continuing.*

- Public health officials are building on existing disease outbreak plans, including those developed for SARS.
- Researchers are working to produce additional vaccine more quickly.
- Countries are working together to improve detection and tracking of influenza viruses.

*Public participation and cooperation will be important to the response effort.*

- Severe pandemic influenza could produce changes in daily life, including limits on travel and public gatherings.
- Informed public participation and cooperation will help public health efforts.
- People should stay informed about pandemic influenza and be prepared as they would for any emergency.



**106. How many people are likely to get sick in a pandemic? How many will die?**

*The consequences of pandemic influenza are difficult to predict.*

- Pandemic influenza has occurred three times in the last century.
- The most recent, in 1967, was the mildest.
- The most serious was the 1918 pandemic, which killed tens of millions of people worldwide.

*During a pandemic many people will be infected.*

- One-third of the people in the U.S. got sick during the 1918 pandemic.
- Historically, most people who get sick will recover.
- Having many people ill can be highly disruptive to daily life.

*In general, some people are at greater risk for illness and death.*

- People who already have a health problem are often at higher risk.
- People with weakened immune systems (for example transplant patients) are likely to be at higher risk.
- Older people tend to be at higher risk from certain diseases.

**107. Will this be like Swine Flu in 1976, when many people were vaccinated, then the disease didn't appear?**

*Scientists are confident that an outbreak of pandemic influenza will occur again.*

- Influenza pandemics have occurred over 30 times in recorded history.
- There were three influenza pandemics in the last century.
- The 1918 pandemic, the worst, killed tens of millions of people worldwide.

*The timing and consequences of pandemic influenza are difficult to predict.*

- Scientists are uncertain when pandemic influenza will occur and how severe it will be.
- Influenza viruses are always changing.
- Occasionally a new influenza virus emerges or an old one re-emerges that can spread easily.

*Preparing now can limit the effects of pandemic influenza.*

- The World Health Organization, the U.S. Department of Health and Human Services, and countries throughout the world have developed emergency plans for a pandemic influenza.
- Informed public participation and cooperation will be needed for public health efforts.
- Individuals should stay informed about pandemic influenza and prepare as they would for any emergency.

## **108. How worried should people be about pandemic influenza?**

*Preparing and staying informed are the best responses now.*

- Right now, there is no pandemic influenza in the U.S. or the world.
- Preparing now can limit the effects of pandemic influenza.
- You can stay informed through [www.pandemicflu.gov](http://www.pandemicflu.gov).

*The United States and other countries are preparing to respond to pandemic influenza.*

- The Department of Health and Human Services and others are developing supplies of vaccines and medicines.
- The US is working with the World Health Organization and other countries to strengthen monitoring and response to outbreaks.
- Preparedness efforts are on-going at the national, state, and local level.

*Individuals, communities, and businesses can prepare.*

- Individuals should stay informed about pandemic influenza and prepare as they would for any emergency.
- Businesses should prepare or review their emergency plans.
- Communities should prepare as for other public health emergencies.

## **109. Could terrorists make and spread an influenza virus for a pandemic?**

*Experts believe it highly unlikely that pandemic influenza could result from terrorism.*

- Experts believe that other types of terrorist activities, such as bombings, are more likely.
- Developing a pandemic influenza virus would require extraordinary scientific skill.
- Developing a pandemic influenza virus would require sophisticated scientific equipment and other resources.

*Preparing now can limit the effects of pandemic influenza – regardless of the source.*

- Individuals should stay informed about pandemic influenza and prepare as they would for any emergency.
- Businesses should prepare or review their emergency response plans.
- Communities should prepare as for other public health emergencies.

*Public health agencies throughout the world are preparing for pandemic influenza – regardless of the source.*

- The World Health Organization, the US Department of Health and Human Services, and countries throughout the world are building on existing plans, including those developed for SARS.
- Researchers are working to produce more vaccine more quickly.
- A coordinated international effort is underway to improve detection and tracking of influenza viruses.

**110. If pandemic influenza comes into the United States, who is likely to get it first?**

*When pandemic influenza begins, it is likely to spread very rapidly.*

- Influenza is a contagious disease of the lungs.
- Influenza usually spreads by infected people coughing and sneezing.
- Most people will have little or no immunity to pandemic influenza.

*Federal, state, and local governments are preparing for pandemic influenza.*

- Systems for early detection and containment have been improved.
- Researchers are working to produce additional vaccine more quickly.
- Pandemic influenza could still have serious effects on society.

*Individuals should stay informed and prepare as they would for any emergency.*

- Right now, there is no pandemic influenza in the U.S. or the world.
- Because of bird flu in Asia, travelers to this area should be careful.
- People can stay informed about pandemic influenza at <http://www.pandemicflu.gov>

## **111. What should the public know about pandemic influenza now?**

*Pandemic influenza is a global outbreak caused by a new influenza virus.*

- The virus may spread easily, possibly causing serious illness and death.
- Because so many people are at risk, serious consequences are possible.
- Historically, pandemic influenza has caused widespread harm.

*Scientists are confident that an outbreak of pandemic influenza will occur again.*

- There have been three influenza pandemics in the last century, including an outbreak in 1918 that killed tens of millions of people worldwide.
- Scientists are uncertain when a new pandemic will occur and how severe it may be.
- Influenza viruses are always changing: new influenza viruses emerge or old ones re-emerge that can spread easily.

*Preparing now can limit the effects of pandemic influenza.*

- The World Health Organization, the US Department of Health and Human Services, and countries throughout the world are building on existing disease outbreak plans, including those developed for SARS.
- A coordinated international effort is underway to develop vaccines and improve the detection and tracking of influenza viruses.
- Individuals should stay informed about pandemic influenza and prepare as they would for any emergency.

**112. What should people to do if there is an outbreak of pandemic influenza?**

*People should stay informed about prevention and control actions.*

- Public health officials will share information about prevention and control actions.
- Information about prevention and control actions will be shared in a variety of ways, including through the CDC Hotline and [www.pandemicflu.gov](http://www.pandemicflu.gov)
- Informed public participation and cooperation will be needed for public health efforts.

*People should use information about prevention and control actions to care for themselves and their loved ones.*

- Public health officials will provide information on the signs and symptoms of the specific disease.
- People should practice good health habits, including eating a balanced diet and getting sufficient rest.
- People should discuss individual health concerns with their health care provider, health department, or other trusted sources.

*People should take common-sense actions to keep from spreading germs.*

- People should cover their coughs and sneezes, and wash their hands frequently.
- People should stay away from sick people as much as possible.
- If you are sick, you should stay away from others as much as possible.

### **113. How do new influenza viruses come about?**

*Influenza viruses are always changing.*

- Changes can occur whenever the virus reproduces.
- The virus reproduces in those who have influenza.
- The changes can affect how the disease works in the body.

*The most common changes are small changes called “drift.”*

- Drift is why influenza vaccine is changed every year.
- Scientists are always tracking these changes in influenza viruses.
- Drift usually result in an influenza to which some people have immunity.

*Occasionally, large changes occur that produce a pandemic influenza.*

- Major changes are called “shift” and can result in a new type of influenza virus.
- Shift can result in the re-emergence of an old type of influenza virus.
- Shift is the type of change most likely to cause pandemic influenza.



**114. Will people with strong immune systems be immune to pandemic influenza?**

*Almost no one will be immune to a pandemic influenza virus.*

- Pandemic influenza comes from a virus that is new to people.
- Immunity to a virus can come from vaccination.
- People who recover from the disease will be immune to it.

*During a pandemic many people will be infected.*

- One-third of the people in the United States got sick during the 1918 pandemic.
- Historically, most people who get sick recover.
- Having many people ill can greatly disrupt daily life.

*Preparing and staying informed are the best responses now.*

- Right now, there is no pandemic influenza in the United States, or the world.
- Preparing now can limit the effects of pandemic influenza.
- You can stay informed through [www.pandemicflu.gov](http://www.pandemicflu.gov).

**115. Is everyone at the same risk of illness or death from pandemic influenza?**

*The severity of pandemic influenza will depend on the virus that causes it.*

- The United States is working with the World Health Organization and other countries to strengthen detection and tracking of new influenza viruses.
- Antiviral medicines can be used to treat influenza.
- A vaccine for a specific virus can make people immune to that virus.

*In general, some people are at greater risk for illness and death.*

- People who already have a health problem are often at higher risk.
- People with weakened immune systems (for example transplant patients) are likely to be at higher risk.
- Older people, young children and pregnant women tend to be at higher risk of certain diseases.

*Preparing and staying informed are the best responses now.*

- Right now, there is no pandemic influenza in the United States or the world.
- Preparing now can limit the effects of pandemic influenza.
- You can stay informed through [www.pandemicflu.gov](http://www.pandemicflu.gov).

**Preparedness (200 series)**

- 200. Is the United States prepared for an influenza pandemic?
- 201. Are state and local governments prepared for pandemic influenza?
- 202. Who else should be preparing for pandemic influenza?
- 203. What is the U.S. Department of Health and Human Services (HHS) doing to prepare for pandemic influenza?
- 204. What can businesses do to prepare for pandemic influenza?
- 205. What can communities do to prepare for pandemic influenza?
- 206. What can individuals do to prepare for pandemic influenza?
- 207. Why aren't more resources being invested in preparing for pandemic influenza?

## **200. Is the United States prepared for an influenza pandemic?**

### *Steps have already been taken to prepare.*

- Federal, state, and local governments have plans.
- The U.S. has started storing test vaccine and medicine.
- The U.S. is working with the World Health Organization and other countries to strengthen monitoring and response.

### *Efforts to prepare for pandemic influenza are continuing.*

- Public health officials are building on experience, such as from SARS and Hurricane Katrina.
- Researchers are working to produce additional vaccine more quickly.
- There are international efforts to improve worldwide monitoring of influenza viruses.

### *Public participation and cooperation will be important to the response effort.*

- In a pandemic, travel and public gatherings could be limited.
- Other emergency measures, such as quarantine, might be needed.
- People can stay informed and be prepared as they would for any other emergency.

**201. Are state and local governments prepared for pandemic influenza?**

*State and local governments are preparing for pandemic influenza.*

- State and local governments have plans for various emergencies (for example, snow storms and earthquakes).
- State and local governments are developing, improving, and testing their plans for pandemic influenza.
- The U.S. Department of Health and Human Services, and other federal agencies are providing funding, advice, and other support.

*An influenza pandemic could still have serious effects.*

- Vaccine might be in limited supply in the early stages of pandemic influenza.
- Hospitals are likely to be overwhelmed.
- Other public health measures might be required such as limiting travel and public events.

*Public health officials already have some systems to help be ready for pandemic influenza.*

- Vaccines for H5N1 and drugs to treat infection have been stockpiled.
- There are several systems for rapidly sharing emergency health information.
- A worldwide network of laboratories is in place to detect and track influenza viruses.

## **202. Who else should be preparing for pandemic influenza?**

*By preparing now the people can help protect themselves and their families later.*

- Keep a supply of essential supplies at home (such as food, water, medicine) as for any emergency.
- People can volunteer with local organizations to help in emergency response.
- People should stay informed about pandemic influenza through 1-800-CDC-INFO or [www.pandemicflu.gov](http://www.pandemicflu.gov)

*As in other emergencies, pandemic influenza could affect everyday life.*

- Schools and businesses might be closed during pandemic influenza.
- Travel could be limited during a pandemic.
- There may be spot shortages during an influenza pandemic...

*Many types of organizations are also preparing for pandemic influenza.*

- Hospitals are planning how to deal with many sick people in a pandemic.
- Non-Government Organizations (for example the Red Cross) are planning their response to pandemic influenza.
- Businesses are making or improving plans to continue operations in an emergency.

**203. What is the U.S. Department of Health and Human Services (HHS) doing to prepare for pandemic influenza?**

*HHS is developing a public health plan for pandemic influenza.*

- The HHS Pandemic Influenza Strategic Plan describes a coordinated public health program for preparation and response.
- The Plan draws from experience with other public health events (for example, SARS).
- The Plan provides information to help guide national, state, and local preparedness and response.

*HHS is working with researchers and other health organizations to prepare for pandemic influenza.*

- HHS has been working with the World Health Organization and other countries to strengthen detection, tracking, and response to influenza.
- HHS is working with researchers and companies on ways to produce more vaccine more quickly.
- HHS is working with organizations (for example, hospitals) to increase their ability to respond to pandemic influenza.

*HHS is working with other Federal Departments to develop a Federal Plan.*

- Other Departments are examining how a pandemic will affect their sectors.
- Communities are being encouraged to develop plans for continuity services during a pandemic.
- Discussions are ongoing regarding how to best use limited supplies of medicine.

## **204. What can businesses do to prepare for pandemic influenza?**

*Determine your business's risks from pandemic influenza and develop an emergency response plan.*

- Consider what challenges you might face in a pandemic and how to address them.
- Identify essential functions and personnel needed to keep your business running.
- Work with your medical advisor on ways to protect employees.

*Learn about community resources that can help in a pandemic.*

- State and local health departments can help identify resources.
- Trade associations and employee groups may have helpful information.
- Government information sources can help (see Internet site, below).

*Time invested in preparation can protect your company's future.*

- Identify and plan for challenges to essential functions and personnel.
- Develop a plan to maintain operations during an influenza pandemic.
- Work to minimize disruption to you and your customers.



## **205. What can communities do to prepare for pandemic influenza?**

*Communities can assess the resources they have to meet the challenges of pandemic influenza.*

- Planning for pandemic influenza can be built on existing emergency plans.
- Communities should consider all the partners that might be able to help in a pandemic.
- Communities should plan to ensure the delivery of basic services without outside help.

*Communities should identify their special needs and unique features.*

- They can develop a list of resources and groups that might be at higher risk during pandemic influenza.
- Communities can identify possible barriers to communication
- Communities should consider their unique features that may affect how they respond.

*Communities should coordinate and test plans for pandemic influenza.*

- Communities should coordinate their plans with state and federal pandemic influenza plans.
- Planning should prepare to provide care for a large number of people during a pandemic.
- Plans should be tested and corrected to improve response to pandemic influenza.

## **206. What can individuals do to prepare for pandemic influenza?**

*Preparing and staying informed about pandemic influenza are the best responses now.*

- Right now, there is no pandemic influenza in the U.S. or the world.
- Preparing now can limit the effects of pandemic influenza.
- You can stay informed through the Internet and other sources (See “For more Information”, below.).

*If pandemic influenza starts, public health officials will provide more specific information.*

- More information will become available as the circumstances of the pandemic become known.
- Vaccine might be in short supply in the early stages of an influenza pandemic.
- People should anticipate that daily life could change for a while, such as school closings and travel limitations.

*People preparing now for pandemic influenza can help protect themselves and their families later.*

- Keep a supply of essential supplies at home, such as food, water, medicine and a thermometer.
- People can volunteer with local organizations to help with emergency response.
- Prepare as you would for any emergency that affects large segments of society, such as an earthquake or blizzard.

**207. Why aren't more resources being invested in preparing for pandemic influenza?**

*Funding to prepare for pandemic influenza has increased considerably.*

- The US has been working with the World Health Organization and other countries to strengthen detection and response to outbreaks of influenza.
- There is funding to increase the amount of antiviral medicines set aside for emergencies.
- Research is in progress on how to make more vaccine more quickly.

*Efforts for other public health issues help preparations for pandemic influenza.*

- Resources devoted to being prepared for terrorist attacks helps prepare for pandemic influenza.
- Preparation for other diseases helps prepare for pandemic influenza.
- Lessons from natural disasters can be used in preparing for pandemic influenza.

*The U.S. is better prepared each day for pandemic influenza.*

- The Department of Health and Human Services and others are preparing for pandemic influenza.
- State and local governments are preparing for pandemic influenza.
- The World Health Organization and many countries are working together.

**H5N1 Avian Influenza (300 series)**

- 300. What is bird flu (H5N1 Avian Influenza)?
- 301. How many people have gotten bird flu (H5N1 Avian Influenza)? How many have died?
- 302. Why are public health officials preparing for pandemic influenza?
- 303. If bird flu (H5N1 Avian Influenza) becomes pandemic, what will happen?
- 304. What is being done to keep bird flu (H5N1 Avian Influenza) from becoming a pandemic disease?
- 305. How does bird flu (H5N1 Avian Influenza) get from birds to humans?
- 306. How easily does bird flu (H5N1 Avian Influenza) spread from human to human?
- 307. Given concerns about bird flu, is it safe to buy and eat chicken and duck in the US?
- 308. What advice would you give someone traveling to Asia, Europe, or Africa?
- 309. What are the symptoms of bird flu (H5N1 Avian Influenza) in people?
- 310. Why is bird flu (H5N1 Avian Influenza) so deadly?
- 311. How can infection with bird flu (H5N1 Avian Influenza) be prevented?
- 312. How are patients with bird flu (H5N1 Avian Influenza) treated?
- 313. Is there a test that can tell if someone has bird flu (H5N1 Avian Influenza)?

### **300. What is bird flu (H5N1 Avian Influenza)?**

*Bird flu is a disease of wild and domesticated birds.*

- This type of influenza can also infect other animals and people.
- Since the 1990s, bird flu outbreaks have occurred in Asia, Europe, and Africa.
- The virus is spreading to birds and other animals in new regions.

*This virus has infected some people.*

- Confirmed human cases have been reported in Asia, Europe, and Africa.
- Most human cases probably came from direct contact with infected birds or their droppings.
- To date, about half of the people who were infected have died.

*We are watching closely for any person-to-person spread of bird flu.*

- So far there has been limited person-to-person spread.
- We are watching for changes in the virus that could lead to easier spread.
- The US Department of Health and Human Services, the World Health Organization, and many others are working together.

**301. How many people have gotten bird flu (H5N1 Avian Influenza)? How many have died?**

*A small number of people, in Asia, Europe, and Africa, have died from bird flu.*

- About half of the people who got bird flu died.
- Most cases come from direct contact with infected birds.
- New cases are expected as bird flu occurs in new regions.

*There may be more human cases than have been reported.*

- Disease tracking methods sometimes miss cases.
- To date, most outbreaks of bird flu (H5N1 Avian Influenza) have occurred in developing countries.
- Mild cases may not be recognized or reported.

*The World Health Organization and many nations are working to improve disease tracking.*

- Resources are being devoted to monitoring and detection.
- Health care workers in Asia are being trained to use test kits.
- Disease experts from many nations are working on this effort.

### **302. Why are public health officials preparing for pandemic influenza?**

*Pandemic influenza can be a serious and prolonged outbreak affecting all aspects of society.*

- Some pandemics caused widespread illness and death, changing day-to-day life.
- The timing and consequences of pandemic influenza can be difficult to predict.
- The 1918 pandemic caused more deaths than World War II.

*Scientists are watching “bird flu” (H5N1 Avian Influenza) because of its potential to change into pandemic influenza in people.*

- The virus is spreading to birds and animals in new regions.
- The virus has infected some people, causing severe illness and death.
- In very rare cases the virus has spread from one person to another.

*Preparing now can limit the effects of pandemic influenza.*

- The World Health Organization and many countries are working together to plan.
- The US Department of Health and Human Services is working with States and communities to prepare.
- Individuals can stay informed and prepare as for any emergency.

**303. If bird flu (H5N1 Avian Influenza) becomes pandemic, what will happen?**

*Pandemic influenza can be a serious worldwide event.*

- Most pandemics cause widespread illness and death.
- The timing and consequences of pandemic influenza can be difficult to predict.
- Because one-third of the population can be sick, there are severe social consequences.

*Public participation and cooperation will be important to the response effort.*

- In a pandemic, travel and public gatherings could be limited.
- Other emergency measures might be needed.
- People should stay informed about pandemic influenza, and prepare as they would for any emergency.

*The United States and other countries are preparing to respond to pandemic influenza.*

- The US Department of Health and Human Services and others are developing supplies of potential vaccines and medicines against influenza.
- The US has been working with the World Health Organization and other countries to strengthen detection and response to outbreaks of influenza.
- Preparedness efforts are ongoing at the national, state, and local level.



**304. What is being done to keep bird flu (H5N1 Avian Influenza) from becoming a pandemic disease?**

*We are watching closely for any person-to-person spread of bird flu.*

- So far there has been limited person-to-person spread of bird flu worldwide.
- We are watching for changes in the virus that could lead to easier spread between people.
- The US Department of Health and Human Services, the World Health Organization, and many others are working together.

*Public health officials already have some systems to help be ready for pandemic influenza.*

- There is a program for fast distribution of vaccines and medicines.
- There are several systems for rapidly sharing emergency health information.
- A worldwide network of laboratories detects and tracks influenza viruses.

*The United States and other countries are preparing to respond to pandemic influenza.*

- The US Department of Health and Human Services and others are developing supplies of potential vaccines and medicines.
- The US has been working with the World Health Organization and other countries to strengthen monitoring and response to outbreaks.
- Preparedness efforts are ongoing at the national, state, and local level.

### **305. How does bird flu (H5N1 Avian Influenza) get from birds to humans?**

*Bird flu is a disease of wild and domesticated birds.*

- This type of influenza can also infect other animals and people.
- Since the 1990s, bird flu outbreaks have occurred in Asia, Europe, and Africa.
- We are watching for changes in the bird flu virus that could lead to easier spread between people.

*Although rare, human cases of bird flu have been reported.*

- All human cases of bird flu have been in Asia, Europe, and Africa.
- A few reports are linked to drinking uncooked poultry blood.
- Most human cases came from direct contact with infected birds or their droppings.

*There is worldwide coordination to try to control the spread of bird flu.*

- Flocks are monitored for bird flu.
- Possibly infected birds are kept separate.
- Sick and possibly infected birds are killed.

**306. How easily does bird flu (H5N1 Avian Influenza) spread from human to human?**

*So far bird flu has rarely passed from human to human.*

- Bird flu is a disease of wild and domesticated birds.
- Most human cases in Asia or elsewhere came from direct contact with infected birds or their droppings.
- The very few people who may have gotten bird flu from other people did not pass it on.

*Scientists are watching bird flu because of its potential to change into pandemic influenza in people.*

- The virus is spreading to birds and animals in new regions.
- The virus has infected some people, causing severe illness and death.
- In very rare cases the virus may have spread from one person to another.

*We are watching closely for any person-to-person spread of bird flu.*

- So far there has been limited person-to-person spread.
- We are watching for changes in the virus that could lead to easier spread between people.
- The US Department of Health and Human Services, the World Health Organization, and many others are working together.

**307. Given concerns about bird flu, is it safe to buy and eat chicken and duck in the US?**

*It is safe to eat properly cooked poultry in the US?*

- H5N1 (the bird flu from Asia) has not been found in the US.
- Cooking destroys germs, including the bird flu virus.
- The US bans imports of poultry from areas with bird flu.

*There is worldwide coordination to control the spread of bird flu.*

- Flocks are monitored for illness.
- Possibly infected birds are kept separate.
- Sick and possibly infected birds are killed.

*As usual, you should take steps to control the spread of germs from poultry.*

- Keep hands, utensils, and surfaces clean.
- Because of bird flu in Asia and elsewhere, travelers to this area should be careful.
- Fully cook poultry before eating it.

**308. What advice would you give someone traveling to Asia, Europe, or Africa?**

*During travel, you should take steps to minimize risk.*

- Avoid contact with chickens and ducks (including droppings and blood).
- Follow good health habits, such as frequent hand-washing.
- Avoid “live markets,” birds farms, and partially cooked poultry.

*Before travel take other steps.*

- Check the Centers for Disease Control and Prevention's (CDC) (<http://www.cdc.gov/travel/>) for travel advisories.
- Be sure your shots are up-to-date and your health insurance covers you overseas.
- Contact the US Consulate there to learn of available health care.

*There are things to do after your travel to Asia, Europe, or Africa*

- If you have any illness within 10 days, see your health care provider.
- Tell your health care provider about your travel.
- No travelers to Southeast Asia have gotten bird flu.

**309. What are the symptoms of bird flu (H5N1 Avian Influenza) in people?**

*Symptoms of bird flu are like those for other influenza viruses.*

- A high fever that lasts for several days.
- Muscle aches occur and feel worse if they are touched.
- Coughing and shortness of breath are common.

*We are watching closely for any person-to-person spread of bird flu.*

- So far there has been limited person-to-person spread worldwide.
- We are watching for changes in the virus that could lead to easier spread between people.
- The US Department of Health and Human Services, the World Health Organization, and many others are working together.

*So far, all human cases of bird flu have been in Asia, Europe, and Africa.*

- Human cases are rare (more than 180 cases have been reported).
- Spread from person to person is very rare.
- Most human cases probably came from direct contact with infected birds or their droppings.

### **310. Why is bird flu (H5N1 Avian Influenza) so deadly?**

*The bird flu virus is new to people and mostly in developing countries.*

- Few people are immune to a new virus.
- All human cases of bird flu in people have occurred in Asia, Europe, and Africa.
- Where bird flu is occurring, people may have less access to health care.

*We are watching closely for any person-to-person spread of bird flu.*

- So far there has been limited person-to-person spread worldwide.
- We are watching for changes in the virus that could lead to easier spread between people.
- The US Department of Health and Human Services, the World Health Organization, and many others are working together.

*The World Health Organization and many nations are working to improve detection and tracking of influenza viruses.*

- Funding for detection and tracking has been increased.
- Health care workers in Asia are being trained to use kits to test for bird flu.
- Disease experts from many nations are working on this effort.

**311. How can infection with bird flu (H5N1 Avian Influenza) be prevented?**

*So far, all human cases of bird flu have been in Asia, Europe, and Africa.*

- Most human cases of bird flu probably came from direct contact with infected birds or their droppings.
- Passing of bird flu from one person to another is very rare.
- Travelers to Southeast Asia should take steps before, during, and after travel.

*We are watching closely for any person-to-person spread of bird flu.*

- So far there has been limited person-to-person spread of bird flu worldwide.
- We are watching for changes in the virus that could lead to easier spread between people.
- The US Department of Health and Human Services, the World Health Organization, and many others are working together.

*The World Health Organization and many nations are working to improve detection and tracking of bird flu.*

- Resources are being devoted to detection and tracking of influenza viruses.
- Health care workers in Asia are being trained to use kits to test for bird flu.
- Disease experts from many nations are working on this effort.



**312. How are patients with bird flu (H5N1 Avian Influenza) treated?**

*Antiviral medicines can help lessen the severity of influenza.*

- Antiviral medicines work against a number of types of viruses.
- Each type of influenza virus must be tested to learn if antiviral medicines work against it.
- So far, research shows that some antiviral medicine works against bird flu.

*Antiviral medicines could be important if bird flu becomes widespread in people.*

- The US has a supply of antiviral medicines.
- The US has ordered more to increase its supplies as part of planning for pandemic influenza.
- There is a system to distribute these medicines quickly to where they are needed.

*Bird flu is also treated by supportive care.*

- Supportive care is treatment of the symptoms of a disease (for example, reducing fever).
- Supportive care includes treating other germs if they infect someone sick with bird flu.
- Supportive care includes treating other medical conditions the patient has, such as heart disease.

**313. Is there a test that can tell if someone has bird flu (H5N1 Avian Influenza)?**

*There is a test for bird flu.*

- Health care workers in Asia are being trained to use kits to test for bird flu.
- Most often diagnosis of bird flu is made by symptoms a patient has.
- Laboratories worldwide work to detect and track bird flu.

*For now, only selected people with symptoms are tested for bird flu.*

- Usually they are from areas where there is bird flu (Asia).
- Usually they are people with direct contact with birds.
- Some other people and animals are tested to see if bird flu is spreading.

*The World Health Organization and many nations are working to improve the detection and tracking of bird flu.*

- Funding for detection and tracking bird flu has been increased.
- Health care workers in Asia are being trained to use kits to test for bird flu.
- Disease experts from many nations are working on this effort.

**Antiviral Medications (400 series)**

401. Are there medicines other than vaccines that can be used to respond to pandemic influenza?
402. How will antiviral medicines be used during an influenza pandemic?
403. How well will antiviral medicines work against pandemic influenza?
404. How much antiviral medicine is currently available?
405. Should individuals get antiviral medicines and keep them in case of pandemic influenza?
406. How would antiviral medicines be dispensed in an emergency?
407. Will non-citizens in the United States get medications in an emergency?
408. If pandemic influenza occurs and there is not enough antiviral medicine, who will get it?
409. Oseltamivir (Tamiflu) is an important antiviral medicine, but only one company makes it. Will the United States be able to get enough?

**401. Are there medicines other than vaccines that can be used to respond to pandemic influenza?**

*Doctors have ways to treat influenza, including antiviral medicines.*

- Antiviral medicines can be used to lessen the severity of influenza symptoms.
- Antiviral medicines can be used to lessen the risk of getting influenza.
- Antiviral medicines can be used to make infected people less contagious.

*During pandemic influenza, antiviral medicines will be used mostly to treat people who have influenza.*

- Antiviral medicines will be used along with other methods to treat people with influenza.
- Healthcare workers will prescribe antiviral medicines if they are the best method for treatment.
- Antiviral medicines are most useful when given soon after symptoms begin.

*The federal government is increasing its supply of antiviral medicines.*

- Right now, there are enough antiviral medicines in the national stockpile to treat 2.2 million people.
- More antiviral medicines have been ordered for the national stockpile.
- The national goal is to have enough antiviral medicines to respond to major outbreaks.

## **402. How will antiviral medicines be used during an influenza pandemic?**

*During a pandemic, antiviral medicines will be used mainly to treat people who have influenza.*

- Antiviral medicines can be used to lessen the severity of influenza symptoms.
- Antiviral medicines can be used to make infected people less contagious.
- Antiviral medicines are most useful when given soon after symptoms begin.

*Antiviral medicines can be used to help contain small outbreaks of pandemic influenza.*

- Antiviral medicines are most helpful when used in small, well-defined settings.
- Antiviral medicines will be given first to those living in places experiencing an outbreak.
- In response to a major outbreak, antiviral medicines will be used along with other methods to reduce or prevent spread of influenza.

*Antiviral medicines can be used to prevent influenza among those exposed to the disease.*

- Antiviral medicines may be given to those in close contact with influenza patients.
- Close contacts could include family members and health care workers.
- Antiviral medicines may be given to those who traveled or worked with an infected person.

**403. How well will antiviral medicines work against pandemic influenza?**

*Antiviral medicines have helped people with different kinds of flu get better.*

- Antiviral medicines have helped treat and prevent influenza for many years.
- Tamiflu and Relenza are two well-known brands of antiviral medicines.
- Antiviral medicines keep viruses from reproducing in the body.

*Antiviral medicines usually work for people with bird flu.*

- Antiviral medicines have been effective in treating humans with bird flu.
- There have been reported cases where a person with bird flu did not respond to antiviral medicines.
- Not all antiviral medicines are effective against all strains of influenza.

*Testing must continue, because influenza viruses change all the time.*

- Pandemic influenza is caused by an influenza virus that is new to people.
- The United States is working with the World Health Organization and other countries to strengthen detection and tracking of new influenza viruses.
- The United States and other countries continue testing antiviral medicines against influenza viruses.

#### **404. How much antiviral medicine is currently available?**

*Right now, the national supply has enough antiviral medicines to treat 2.2 million people.*

- The national stockpile of antiviral medicines will be used mainly to treat people with influenza.
- The national stockpile may be used to stop the spread of influenza from infected persons to others.
- The stockpile may also be used to help contain small outbreaks.

*The federal government is increasing its supply of antiviral medicines.*

- The national plan set up a schedule for increasing the stockpile of antiviral medicines. (<http://www.hhs.gov/pandemicflu/plan/>).
- The national plan is a joint effort of producers and buyers of antiviral medicines. (<http://www.hhs.gov/pandemicflu/plan/>)
- The government and industry are working together to build supplies of antiviral medicines.

*The national goal is to have enough antiviral medicines to respond to major outbreaks.*

- Antiviral medicine use may decrease the number of hospital stays for influenza patients by half.
- Two of the most effective antiviral medicines today are Tamiflu and Relenza.
- Scientists are working to make new antiviral medicines.

**405. Should individuals get antiviral medicines and keep them in case of pandemic influenza?**

*The supply of antiviral medicines is limited.*

- Antiviral medicines are given out only by prescription.
- Few companies make antiviral medicines.
- Usually, drug stores have only a small supply on hand.

*There are risks in keeping antiviral medicines at home.*

- Antiviral medicines should be taken under the care of a doctor -- there can be serious side effects.
- Like any medicine, some people can use antiviral medicines and others should not, because the medicine may harm them.
- Antiviral medicines may not work well if stored improperly.

*Preparing and staying informed are the best responses now.*

- Right now, there is no pandemic influenza in the United States or the world.
- Preparing now can limit the effects of pandemic influenza.
- You can stay informed through <http://www.pandemicflu.gov>.



**406. How would antiviral medicines be dispensed in an emergency?**

*Local, state, and federal health agencies have plans for giving out medicines in an emergency.*

- Plans for giving out medicines in an emergency involve government, the Red Cross, and other local groups.
- Plans tell how medicines will be given to the public in different types of emergencies.
- Plans guide us on how to meet the needs of daily life in an emergency; such as getting food, water, and medicine to people who need it.

*Plans for giving out medicines are being tested and improved.*

- Cities, states, and the nation have exercises to test their plans.
- Plans get updated based on research and exercises.
- Plans are also updated when new things are learned from real disasters.

*Plans for giving out medicines in an emergency emphasize local needs and resources.*

- Plans for giving out medicines in an emergency include how to handle those with special needs.
- Plans list the available resources that can help give out medicines in an emergency.
- To learn more about the plans in your area, contact your local health department.

**407. Will non-citizens in the United States get medications in an emergency?**

*Pandemic influenza would affect all people regardless of citizenship.*

- The response to pandemic influenza must address the needs of citizens and non-citizens alike.
- Health professionals have an ethical obligation to treat the sick.
- Local health agencies will have information on where to get treatment.

*The needs of all people must be addressed in the response to pandemic influenza.*

- People who have been exposed to an infectious disease might not know it.
- People may have an infectious disease without showing symptoms.
- People with influenza can spread the disease even if they have no symptoms.

*If pandemic influenza occurs, we must all work together.*

- A national response to pandemic influenza will require the cooperation of everyone.
- People here must be treated alike, wherever they are from.
- America wants to continue its tradition of helping those in need.

**408. If pandemic influenza occurs and there is not enough antiviral medicine, who will get it?**

*Many people are contributing to a national pandemic plan for use of antiviral medicines.*

- Doctors, scientists, and influenza experts have focused attention on these issues.
- People across the country have shared their thoughts at community meetings.
- The HHS Pandemic Influenza Plan describes the plan for using antiviral medicines (<http://www.hhs.gov/pandemicflu/plan/>).

*Local, state, and national health agencies have plans for giving out medicines in an emergency.*

- Plans for giving out medicines in an emergency involve government, the Red Cross, and other local groups.
- Plans tell how medicines will be given to the public in different kinds of emergencies.
- Plans guide us on how to meet the needs of daily life in an emergency; such as getting food, water, and medicine to people who need it.

*Three uses of antiviral medicines are suggested in the national plan.*

- The national stockpile of medicines will be used mainly to treat people with influenza.
- The national stockpile may be used to stop the spread of influenza from infected persons to others.
- The stockpile may also be used to help contain small outbreaks.

**409. Oseltamivir (Tamiflu) is an important antiviral medicine, but only one company makes it. Will the United States be able to get enough?**

*It is difficult to predict how much antiviral medicine will be needed.*

- It is difficult to predict when the next pandemic will occur.
- The value of using antiviral medicines depends on what virus causes the next pandemic.
- It is difficult to predict how severe the next influenza pandemic will be.

*The federal government is increasing its supply of antiviral medicines.*

- The national plan set up a schedule for increasing the stockpile of antiviral medicines. (<http://www.hhs.gov/pandemicflu/plan/>).
- The national plan is a joint effort of producers and buyers of antiviral medicines. (<http://www.hhs.gov/pandemicflu/plan/>)
- The government and private sector are working closely to find ways to make antiviral medicines faster.

*The United States has resources to make antiviral medicines.*

- Antiviral medicines other than Tamiflu can be produced in the United States.
- Gilead Laboratories, a United States Company, owns the patent for Tamiflu.
- Scientists in the United States are working to make new antiviral medicines.

*Other countries and factories around the world may be licensed to make Tamiflu.*

- Factories in China and India may make Tamiflu.
- The current maker of Tamiflu, Roche Laboratories, may license other facilities around the world to make it.
- Many countries are sharing resources to increase the supply of Tamiflu.

**Vaccines (500 series)**

- 500. Can a vaccine be made to protect against pandemic influenza?
- 501. How long will it take to make enough pandemic influenza vaccine for everyone in the U.S.?
- 502. Who decides who will get vaccine and who will not and how do they decide?
- 503. Is anyone making vaccine against bird flu (H5N1 Avian Influenza)?
- 504. How safe will a pandemic influenza vaccine be?
- 505. How will vaccine be distributed quickly if a pandemic breaks out?
- 506. Should people get vaccinated now?

**500. Can a vaccine be made to protect against pandemic influenza?**

*We will need a vaccine for the specific pandemic influenza virus.*

- Influenza viruses are changing all the time.
- Pandemic influenza is likely to be caused by a virus that is new to people.
- It is difficult to make large amounts of vaccine without knowing the exact pandemic influenza virus.

*In a pandemic, the goal would be to vaccinate everyone.*

- Vaccine might be in limited supply in the early stages of pandemic influenza.
- People who perform essential society services (for example, health care providers and police) will likely be the first vaccinated.
- Other groups will be identified for vaccination based on the pandemic.

*Potential vaccines are already being made and tested against likely viruses.*

- Researchers are making and testing small amounts of possible vaccines.
- Influenza viruses are being monitored for changes that would affect vaccine production.
- Research is underway on methods to make more vaccine more quickly.

**501. How long will it take to make enough pandemic influenza vaccine for everyone in the U.S.?**

*The goal is to have enough vaccine for everyone.*

- Supplies might be limited early in a pandemic.
- Researchers are working on ways to make vaccine more quickly.
- The U.S. is working to have more producers of vaccine.

*Today, it could take a year to produce enough vaccine for the U.S.*

- The exact pandemic influenza virus cannot be identified before a pandemic.
- Current techniques require months to make and test vaccines.
- Currently there are only two U.S. producers of influenza-vaccine.

*We are preparing for early limits on vaccine availability.*

- Medical experts and the public are recommending how best to use limited supplies.
- People who perform essential day-to-day services (for example, health care workers and police) will likely be among the first vaccinated.
- Other groups will be identified for vaccination based on the details of the pandemic.

**502. Who decides who will get vaccine and who will not and how do they decide?**

*Scientific and public groups made recommendations about who will get vaccine first in a pandemic.*

- Medical experts used their knowledge and experience to make recommendations.
- Groups of community members reviewed those recommendations.
- The recommendations will be provided to the President.

*Fairness in vaccine use during a pandemic is important.*

- Protecting people at high risk is an important consideration.
- Protecting essential day-to-day services, such as electricity and water, is an important consideration.
- Decisions regarding use of vaccine have been discussed by the public and medical experts.

*People can help protect themselves and others during pandemic influenza.*

- Frequent hand-washing can limit the passing of germs.
- Covering coughs and sneezes can limit the spread of germs.
- Staying home when you are sick helps protect others.



**503. Is anyone making vaccine against bird flu (H5N1 Avian Influenza)?**

*Small amounts of vaccine against bird flu are being made and tested.*

- Other possible vaccines are also being made and tested to see if they work against bird flu.
- Influenza viruses are being monitored for changes that would affect vaccine production.
- Research is underway on methods to make more vaccine more quickly.

*There are challenges with making vaccines that need to be overcome.*

- With current methods, it takes months to produce a batch of influenza vaccine.
- There are a limited number of companies that make influenza vaccine.
- It is difficult to make large amounts of vaccine without knowing the exact pandemic influenza virus.

*The goal is to have enough vaccine for everyone in a pandemic.*

- The U.S. is working to have more producers of influenza vaccine.
- Research is underway on methods to make additional vaccine more quickly.
- There are international efforts to improve worldwide detection and tracking of influenza viruses.

**504. How safe will a pandemic influenza vaccine be?**

*The U.S. and others have experience in making safe and effective influenza vaccines.*

- Influenza vaccine cannot give someone influenza.
- The most common side effects are sore arm and redness.
- Most people who get vaccinated for annual influenza have no side effects.

*Before being used, new vaccines pass many safety tests.*

- Safety tests are conducted at each step in development.
- Safety standards are very high.
- The Food and Drug Administration and panels of experts review safety findings before approving vaccines.

*Vaccines being used continue to be monitored for safety.*

- There is a system in place for monitoring vaccine use.
- This monitoring helps identify rare adverse events.
- Vaccines against a pandemic would have to meet existing safety requirements.

**505. How will vaccine be distributed quickly if a pandemic breaks out?**

*Most likely, the federal government will direct shipments of influenza vaccine to the states.*

- States are developing and improving plans to distribute a vaccine rapidly.
- These plans build on experience from other emergencies.
- An important part of this planning is to keep the public informed.

*Influenza vaccine makers already distribute vaccine.*

- Millions of doses of influenza vaccine are shipped every year.
- During past shortages, vaccine makers have responded to urgent situations.
- Informing the public of changes as events develop is important.

*Other systems are already in place.*

- The Strategic National Stockpile (SNS) is designed to get medical supplies and equipment quickly anywhere in the country.
- States have plans for distributing medicines and vaccines from the SNS.
- Informing the public of where to go for vaccine is part of states' plans.

## **506. Should people get vaccinated now?**

*People need not and cannot be vaccinated against pandemic influenza now.*

- There is currently no pandemic influenza in the world.
- Test vaccines have been developed but will not be used until a pandemic is imminent
- Preparing and staying informed are the best responses now.

*Vaccination will be an important tool if pandemic influenza breaks out.*

- Researchers are making and testing small amounts of possible vaccines.
- Influenza viruses are being detected and tracked for changes that would affect vaccine production.
- Research is underway on methods to make more vaccine more quickly.

*Getting a yearly “flu shot” for seasonal flu is recommended for many.*

- Vaccination is recommended for the young, the old, and people they live with.
- Vaccination is recommended for health care workers.
- Vaccination is recommended for those with other health problems such as heart disease.

**Response (600 series)**

601. How will you know if a pandemic has started?
602. What is quarantine?
603. What is isolation?
604. Where are people quarantined and isolated?
605. Why do you believe that quarantine and isolation will be effective in limiting the spread of pandemic influenza?
606. Who would be in charge of responding to pandemic influenza?
607. What is expected from the media regarding pandemic influenza?
608. What is different between 1918 and now that suggests pandemic influenza might go differently?
609. During an influenza pandemic, what will you recommend that people do if they show symptoms of influenza?

**601. How will you know if a pandemic has started?**

*The first sign of pandemic influenza will be the appearance of a new or rarely seen influenza virus.*

- Laboratories in many countries are watching for new influenza viruses.
- Bird and animal populations are being constantly tested.
- Doctors and scientists are on alert worldwide.

*This new influenza virus will spread quickly among people.*

- The new influenza virus will spread as easily as normal seasonal flu.
- International travel may speed up the spread of pandemic influenza.
- Because the virus will be new, people will not be immune to it.

*Outbreaks of pandemic influenza may occur in different places at different times.*

- Outbreaks may occur in waves of 6-8 week time periods.
- These waves of influenza may occur over several months or years.
- Different people may be affected during each wave.

## **602. What is quarantine?**

*Quarantine is a method used to stop or limit the spread of disease.*

- Quarantine is one of the first actions taken by health officials in response to an outbreak of infectious disease.
- Quarantine during pandemic influenza may last for as long as ten days.
- Quarantine has been successfully used in the past to prevent the spread of infectious disease.

*Quarantine separates and restricts the movement of people.*

- Quick action by health officials is needed to stop person-to-person spread of a contagious disease.
- Quarantine may be voluntary or involuntary.
- People exposed to the disease but not quarantined may accidentally spread disease to others.

*Quarantine applies to people who have or might have been exposed to an infectious disease.*

- People who have been exposed to an infectious disease might not know it.
- People may have an infectious disease without showing symptoms.
- People with influenza can spread the disease even if they have no symptoms.

### **603. What is isolation?**

*Isolation is a way to limit the spread of disease.*

- Isolation is a standard public health practice for disease control.
- Hospitals have plans that describe how to isolate patients.
- Isolation is a medical decision that can be legally enforced.

*Isolation applies to people known to be infected with a disease.*

- Isolation allows for the delivery of specialized care to infected persons.
- People infected with a disease can spread it to others even if they have no symptoms.
- Isolation helps keep infected people from spreading a disease to others.

*Isolation separates infected people from others.*

- Isolation protects healthy people and caregivers from disease.
- Isolation protects infected people from getting other diseases.
- Isolation protects family and friends of infected people from getting sick.



## **604. Where are people quarantined and isolated?**

*Quarantine and isolation are often done in hospitals and in homes.*

- Quarantine and isolation sites are determined in part by the number of cases.
- Many hospitals have facilities equipped for quarantine and isolation.
- In some circumstances, quarantine and isolation may be done at home.

*Specialized facilities may be needed if large numbers of people are involved.*

- Facilities may be needed to quarantine and isolate many people in many locations.
- Local and state emergency plans identify facilities that can be used for quarantine and isolation.
- The federal government is working with states and cities to identify additional facilities for quarantine and isolation.

*Most communities and hospitals have plans for operating quarantine and isolation facilities during a disease outbreak.*

- Disease control plans describe the equipment needed to do quarantine and isolation.
- These plans describe the supplies needed for quarantine and isolation.
- These plans describe the medicines needed for quarantine and isolation.

**605. Will quarantine and isolation be effective in limiting the spread of pandemic influenza?**

*Quarantine and isolation have been used for hundreds of years to control the spread of disease.*

- Quarantine is one of the first steps taken by health officials in response to a disease outbreak.
- Quick action by health officials is needed to limit person-to-person spread of a contagious disease.
- Quarantine and isolation have helped limit the spread of diseases such as plague and smallpox.

*In the early stages of pandemic influenza, quarantine and isolation may slow the spread of the disease.*

- Slowing the spread of pandemic influenza can reduce demands on hospitals.
- Slowing the spread of pandemic influenza can provide more time for preparation.
- Slowing the spread of pandemic influenza can provide more time for vaccine development.

*Quarantine and isolation will help protect people from pandemic influenza while vaccines are being developed.*

- People who have been infected with pandemic influenza may not know it.
- People infected with pandemic influenza can spread the disease even if they have no symptoms.
- People exposed to the disease but not quarantined may spread disease to others without knowing it.

**606. Who would be in charge of responding to pandemic influenza?**

*The National Incident Management System (NIMS) describes federal responsibilities in an emergency.*

- The NIMS would be used if pandemic influenza occurs.
- A “Lead Federal Official” would be assigned.
- More information on the NIMS can be found at <http://www.dhs.gov/interweb/assetlibrary/NIMS-90-web.pdf>

*The U.S Department of Health and Human Services (HHS) would lead public health efforts during pandemic influenza.*

- HHS would work with the World Health Organization and other countries in response to pandemic influenza.
- HHS would work with many federal agencies in response to pandemic influenza.
- HHS will help state, local, and tribal governments according to their plans.

*Local, state, and tribal officials will lead the response to pandemic influenza in their areas.*

- Local, state, and tribal plans for pandemic influenza are being drafted, tested, and refined.
- Local, state, and tribal officials would work with federal partners to meet their local needs.
- Local, state, and tribal officials would work with the health care system in response to pandemic influenza.

**607. What is expected from the media regarding pandemic influenza?**

*The media will be a vital partner in pandemic influenza planning and response.*

- The media can quickly provide urgent information during an influenza pandemic.
- The public will turn to the media before and during an influenza pandemic.
- The media may provide key information to those leading planning and response efforts.

*Health officials count on the media to be informed about pandemic influenza.*

- Universities are sharing research with the media about pandemic influenza.
- The federal government is making a media guide for pandemic influenza.
- State and local officials are updating local reporters on pandemic influenza.

*Health officials count on the media to provide accurate and timely reports about pandemic influenza.*

- The media can inform the public on current events and what can be expected in regards to pandemic influenza.
- The media can bring attention to pandemic influenza issues.
- The media can inform the public of available services and actions that should be taken.

**608. What is different between 1918 and now that suggests pandemic influenza might go differently?**

*There have been many advances in the detection and tracking of influenza.*

- Diagnosis and patient care has improved since then.
- Antiviral medicines did not exist in 1918 and could help in an influenza pandemic today.
- Influenza vaccines have been developed since 1918 and could help in an influenza pandemic.

*The world's population is denser and global travel is much greater than in 1918.*

- Faster movement of more people could speed the spread of a new influenza virus.
- Economic effects would be felt around the world more quickly than in 1918.
- Population density, especially in major cities, is greater now that it was in 1918, and even remote areas of the globe are more accessible.

*It is difficult to predict how the next influenza pandemic might differ from the past.*

- The severity of pandemic influenza would depend on the virus that causes it.
- Increased travel and greater population could speed the spread of pandemic influenza.
- Better detection and medical treatment could lessen the effects of an influenza pandemic.

**609. During an influenza pandemic, what will you recommend that people do if they show symptoms of influenza?**

*In a pandemic, health officials would advise the public about what they should do.*

- The best actions to take will depend on the specific situation.
- Advice would also change as the pandemic progresses.
- Right now, there is no pandemic influenza in the United States or the world.

*During an influenza pandemic, people could take steps to prevent its spread and to care for themselves and their loved ones.*

- Health officials would describe the signs and symptoms of the specific disease.
- Some steps are as simple as practicing good health habits, including proper hygiene, eating a balanced diet and getting enough rest.
- People should discuss their own health concerns with their doctor, health department, or other trusted sources.

*Preparing and staying informed are the best responses now.*

- Right now, there is no pandemic influenza in the United States or the world.
- Preparing now can limit the effects of pandemic influenza.
- You can stay informed through <http://www.pandemicflu.gov>.

**Mental Health (700 series)**

- 701. What can people do if thinking about pandemic influenza makes them anxious?
- 702. Are there things people can do to help manage worries about pandemic influenza?
- 703. If vaccine and antiviral medicines are both likely to be in short supply, what hopes can people have?

**701. What can people do if thinking about pandemic influenza makes them anxious?**

*People can prepare as they would for any emergency such as an earthquake, hurricane, or blizzard.*

- People should keep their own supply of canned and other non-perishable foods.
- People should keep their own supply of drinking water.
- People should keep their own supply of essential medicines and household goods.

*People can take good care of their physical needs to help their feelings.*

- People can remember that good physical health helps produce good mental health.
- Avoiding increased use of drugs, alcohol, and tobacco can help reduce anxiety.
- Eating a balanced diet, practicing good sleep habits, maintaining normal routines, and getting regular exercise can help reduce anxiety.

*People can address their emotional and spiritual needs to help them be calmer.*

- Recognize and reduce other sources of stress as much as possible.
- Identify and plan for healthy ways to take care of themselves.
- Call on sources of social and spiritual support, such as friends and houses of worship.



**702. Are there things people can do to help manage worries about pandemic influenza?**

*Helping others can reduce our own anxiety.*

- Know your neighbors, especially those who live alone or have health problems.
- Help others get supplies when you are doing your own shopping.
- Help others make plans for getting aid during an influenza pandemic.

*People can stay informed.*

- People should be aware there is no pandemic influenza in the United States or the world at present.
- People can stay informed through the government pandemic influenza web site (<http://www.pandemicflu.gov>)
- People can stay informed through local and national media and other sources.

*People can prepare as they would for any emergency such as an earthquake, hurricane, or blizzard.*

- People should keep their own supply of canned and other non-perishable foods.
- People should keep their own supply of drinking water.
- People should keep their own supply of essential medicines and household goods.

**703. If vaccine and antiviral medicines are both likely to be in short supply, what hopes can people have?**

*There are things people can do to protect themselves and others during an influenza pandemic.*

- Health officials would describe the signs and symptoms of the specific disease.
- People should practice good health habits, including eating a balanced diet and getting enough rest.
- People should discuss their own health concerns with their doctor, health department, or other trusted sources.

*The United States and other countries are preparing to respond to an influenza pandemic.*

- The U.S. Department of Health and Human Services and others are increasing supplies of vaccines and medicines.
- The United States has been working with the World Health Organization and other countries to strengthen detection and response to outbreaks.
- Preparedness efforts are on-going at the national, state, and local level.

*People can take common-sense steps to keep from spreading germs.*

- People should cover their coughs and sneezes, and wash their hands frequently.
- People should stay away from sick people as much as possible.
- If you are sick, you should stay away from others as much as possible.