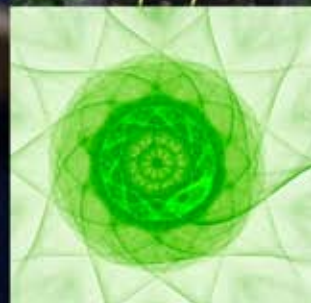


Pandemic Influenza

Agriculture Planning Toolkit

March 2008



Compiled by the

Florida Department of Agriculture
and Consumer Services

Florida Department of Health
Division of Emergency Medical Operations

TABLE OF CONTENTS

Message from Florida Agriculture Commissioner Charles H. Bronson	2
Florida Department of Health Current Pandemic Planning Assumptions (April 2006)	3
Recommendations for the Pandemic Period	5
Department of Health and Human Services (HHS): Pan Flu Planning Guidance	
(A) Individuals and Families Checklist	6
(B) Business Checklist	8
Home care for Pandemic Flu	17
Information fact sheets from CDC Website	
(A) Good Health Habits for Prevention	21
(B) Cover Your Cough.....	22
(C) Stopping the Spread of Germs	22
(D) Smoking and Influenza	24
Flyers	
(A) Cover Your Cough	25
(B) No Germs	26





Dear Friends:

Our agency and the Florida Department of Health, Division of Emergency Medical Operations, have been addressing the issue of the supply and distribution of food in the event of a widespread outbreak of influenza.

At a recent planning workshop, it was determined that most small agribusinesses lack the financial or personnel resources to develop pandemic influenza preparedness plans of their own, despite the critical role such businesses play in the production and delivery of our food supply.

As a result, we have prepared this “Pandemic Influenza Agriculture Planning Tool Kit” to help

your business prepare a plan of your own. Every level of agricultural production, from the materials supplied to farms to the commodities sold at retail, should be taken considered when developing a comprehensive plan to deliver food to the tables of consumers.

This document is meant to be a template or outline for small businesses to incorporate their own business practices so they can participate and assist in a comprehensive preparedness plan.

We appreciate your taking the time to familiarize yourselves with this document and develop your own plan tailored to your individual business.

If we can provide any further assistance in this effort, feel free to call (850) 488-3022.

Sincerely,

Charles H. Bronson
Commissioner of Agriculture



PLANNING ASSUMPTIONS

Abbreviated Summary of Florida Department of Health Current Pandemic Influenza Planning Assumptions

The pandemic characteristics presented in this document are planning assumptions that are subject to change over time.

A future influenza pandemic in humans is considered a certainty by the scientific community. When it will happen is entirely uncertain.

Pandemic Influenza

Susceptibility to the pandemic influenza virus will be universal.

Efficient and sustained person-to-person transmission signals an imminent pandemic.

Illness rates will be highest among school aged children (about 40%) and decline with age.

Among working adults, an average of 20% will become ill during a community outbreak.

Seventy-five percent of those who become ill with influenza (an estimated 35% of the general population) will seek outpatient medical care (an estimated 25% of the general population).

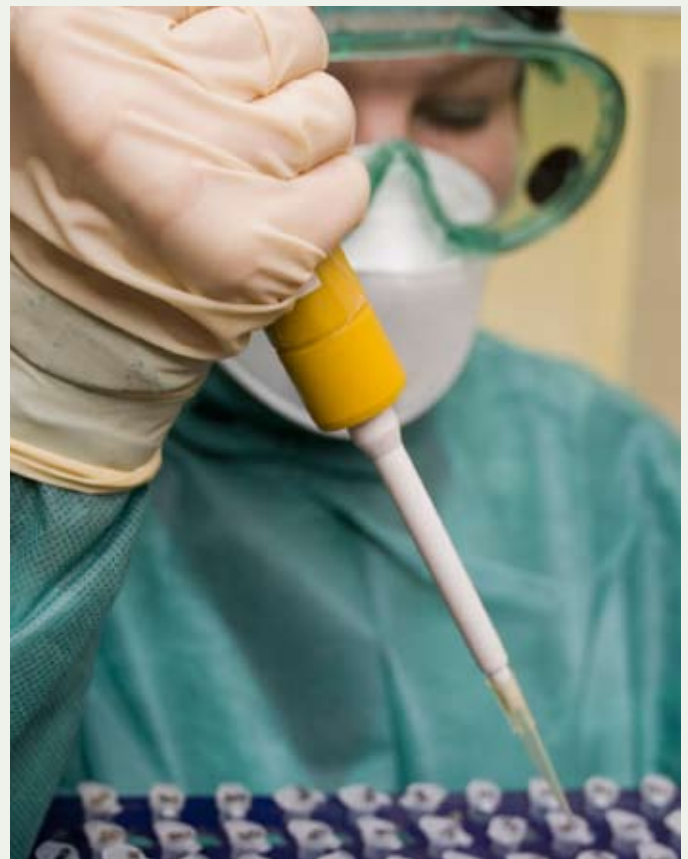
The number of hospitalizations and deaths will depend on the virulence of the pandemic virus. Estimates differ about ten-fold between more and less severe scenarios. Per HHS planning guidance, Florida is planning for a severe influenza pandemic similar to 1918, as compared to a moderate pandemic similar to 1957, 1968. Either one could happen.

Risk groups for severe and fatal infection cannot be predicted with certainty but are likely to include infants, elderly, pregnant woman, and persons with chronic medical conditions.

Persons who become ill may shed the virus and can transmit infection for up to one day before the onset of illness. Viral shedding and the risk of transmission will be greatest during the first 2 days of illness.

Multiple waves (periods during which community outbreaks occur across the country) of illness could occur with each wave lasting two to three months. Historically the largest waves have occurred in the fall and winter, but the seasonality of a pandemic cannot be predicted with certainty.

A future influenza pandemic in humans is considered a certainty by the scientific community. When it will happen is entirely uncertain.



Absenteeism

Rates of absenteeism will depend on the severity of the pandemic.

In a severe pandemic, absenteeism attributable to illness, the need to care for ill family members, and fear of infection may reach 40% during the peak weeks of a community outbreak, with lower rates of absenteeism during the weeks before and after the peak.

Certain public health measures (closing schools, quarantining household contacts of infected individuals, “snow days”) are likely to increase rates of absenteeism.

Disease Control

It is probable that the first human avian influenza in Florida will enter the state through an international airport.

Attempts to control pandemic influenza in humans will focus on disease surveillance, outbreak control, disease exposure control tools, and risk communication.

Antivirals

A limited amount of antivirals will be available for prophylaxis and treatment of a novel virus in a pandemic.

Vaccines

When the pandemic occurs, vaccine will not be available or will be in short supply and will be allocated on a priority basis, following federal guidelines from the Department of Health and Human Services or the Centers for Disease Control and Prevention.

Risk Communication

There will be an immediate and continuous demand from the public, leaders and the media for information on the actual and potential impact, magnitude, transmission, treatment, and recovery resulting from the pandemic.

At the time the State Emergency Operations Center is activated, the DOH Office of Communications will work within a Joint Information Center (JIC).

Information demands during a pandemic will be sustained over a long period, and sustaining public confidence over many months will be based on consistency.

Social Disruption

Essential goods such as food and water could be compromised for several days or weeks.

Essential services such as electricity could be compromised for several days or weeks.

Economic Disruption

Estimates of economic loss in the United States from an influenza pandemic are in excess of \$700 billion.

Governmental and business planning should include contingencies for worker absenteeism of 20% to 50% during the several-week height of a pandemic wave.

Federal Assistance

Very little if any federal assistance can be planned for given that an influenza pandemic is likely to affect all parts of the country at the same time.

This list has been abbreviated and summarized for agribusiness.

RECOMMENDATIONS FOR THE PANDEMIC PERIOD



Activating the facility's pandemic influenza response plan

Following initial detection of pandemic influenza anywhere in the world, the facility's pandemic influenza response plan should be activated.

1. Pandemic influenza reported outside the United States

If cases of pandemic influenza have been reported outside the United States, the main steps will be to:

- Implement a system for early detection of workers who might be infected with the pandemic strain of influenza virus.
- Accelerate the training of staff, in accordance with the facility's pandemic influenza education and training plan.

2. Pandemic influenza reported in the United States

If cases of pandemic influenza have been reported in the United States, additional steps will be to:

- Identify when pandemic influenza cases begin in the community.
- Implement activities to adjust capacity, supplement staff shortages, and provide supplies and equipment.
- Maintain close communication with local health departments.

PANDEMIC FLU PLANNING CHECKLIST FOR INDIVIDUALS AND FAMILIES



You can prepare for an influenza pandemic now. You should know both the magnitude of what can happen during a pandemic outbreak and what actions you can take to help lessen the impact of an influenza pandemic on you and your family. This checklist will help you gather the information and resources you may need in case of a flu pandemic.

1. To plan for a pandemic:

- Store a supply of water and food. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies, such as power outages and disasters (2-3 weeks is recommended).
- Periodically check your regular prescription drugs to ensure a continuous supply in your home.
- Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins (30-day supply is recommended).
- Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.
- Volunteer with local groups to prepare and assist with emergency response.
- Get involved in your community as it works to prepare for an influenza pandemic.

2. To limit the spread of germs and prevent infection:

- Teach your children to wash hands frequently with soap and water, and model the correct behavior.
- Teach your children to cover coughs and sneezes with tissues, and be sure to model that behavior.
- Teach your children to stay away from others as much as possible if they are sick. Stay home from work and school if sick.

3. Items to have on hand for an extended stay at home:

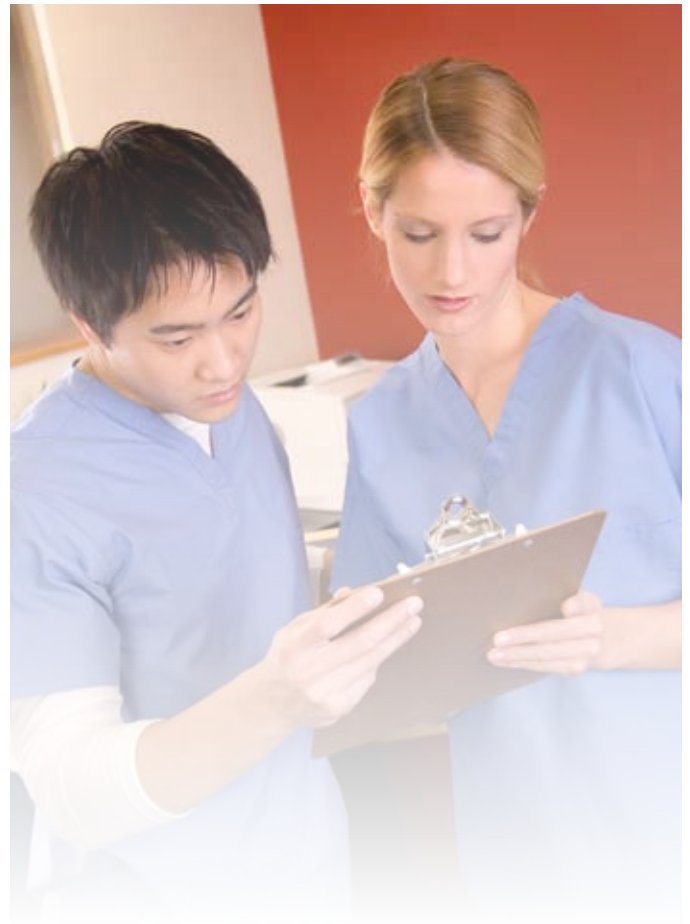
Examples of food and non-perishables

- Ready-to-eat canned meats, fruits, vegetables, beans, and soups
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter or nuts
- Dried fruit
- Crackers
- Canned juices
- Bottled water – 1 gallon/person/day
- Canned or jarred baby food and formula
- Pet food
- Other nonperishable foods

Be sure to check expiration dates and rotate stock. Replace any items past their expiration date

Examples of medical, health, and emergency supplies

- Prescribed medical supplies such as glucose and blood-pressure monitoring equipment
- Soap and water, or alcohol-based (60% to 95% hand wash)
- Medicines for fever, such as Acetaminophen or ibuprofen, cough medicine, nasal spray
- Thermometer
- Anti-diarrheal medication
- Vitamins
- Fluids with electrolytes
- Cleansing agent/soap/disinfectants
- Flashlight
- Batteries
- Portable radio
- Manual can opener
- Garbage bags
- Tissues, toilet paper, disposable diapers, paper towels, feminine hygiene products
- Extra cash



Items in red have been added by the Florida Department of Agriculture and Consumer Services

BUSINESS PANDEMIC INFLUENZA PLANNING CHECKLIST



In the event of pandemic influenza, businesses will play a key role in protecting employees health and safety as well as limiting the negative impact to the economy and society. Planning for pandemic influenza is critical. To assist you in your efforts, the Department of Health and Human Services (HHS) and the Centers for Disease Control

and Prevention (CDC) have developed the following checklist for large businesses. It identifies important, specific activities large businesses can do now to prepare, many of which will also help you in other emergencies. Further information can be found at www.pandemicflu.gov and www.cdc.gov/business.

1.1 Plan for the impact of a pandemic on your business:

Completed	In Progress	Not Started	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Identify a pandemic coordinator and/or team with defined roles and responsibilities for preparedness and response planning. The planning process should include input from labor representatives.</p> <ul style="list-style-type: none"> • Owner, manager, team input from all other relevant stake holders in your business plus local emergency management contacts
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Identify essential employees and other critical inputs (e.g., raw materials, suppliers, sub-contractor services/products, and logistics) required to maintain business operations by location and function during a pandemic.</p> <ul style="list-style-type: none"> • Personnel, supplies (feed, packaging materials, fuel, agrichemical inputs, storage, local networking) and transportation • Talk to your suppliers about their panflu plan (domestic and international). Identify alternate suppliers.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Train and prepare ancillary workforce (e.g., contractors, employees in other job titles/descriptions, retirees).</p> <ul style="list-style-type: none"> • Cross-train your employees. Figure out what jobs need to be trained ahead of time and jobs that can be trained at the time, time critical jobs, i.e. specialty crop harvesting, coordination with other agribusinesses at harvest time.

Items in red have been added by the Florida Department of Agriculture and Consumer Services and specifically tailored for agriculture businesses

Completed	In Progress	Not Started	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Develop and plan for scenarios likely to result in an increase or decrease in demand for your products and/or services during a pandemic (e.g., effect of restriction on mass gatherings, need for hygiene supplies).</p> <ul style="list-style-type: none"> Plan for an overall decrease in fresh foods, but increase in local agriculture, adjustment to crop planting.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Determine potential impact of a pandemic on company business finances using multiple possible scenarios that affect different product lines and/or production sites.</p> <ul style="list-style-type: none"> What would your business look like with a 20% or 40% cut in personnel and supplies? How long can you sustain it? Decrease in demand? Increase in price of essential supplies used in production?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Determine potential impact of a pandemic on business-related domestic and international travel (e.g. quarantines, border closures).</p> <ul style="list-style-type: none"> Know if your employees have traveled overseas or in a pandemic area, increase the use of teleconferencing and other technologies, have backups to travel.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Establish an emergency communications plan and revise periodically. This plan includes identification of key contacts (with backups), chain of communications (including suppliers and customers), and processes for tracking and communicating business and employee status.</p> <ul style="list-style-type: none"> Key local community contacts, how to communicate with employees when communication systems are down (Do employees come to work without contact?) Implement an exercise/drill to test your plan, and revise periodically. Participate in county or industry exercises and training. For a training exercise select 40% of employees at random and see how your business would function without those.

1.2 Plan for the impact of a pandemic on your employees and customers:

Completed	In Progress	Not Started	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Forecast and allow for employee absences during a pandemic due to factors such as personal illness, family member illness, community containment measures and quarantines, school and/or business closures, and public transportation closures.</p> <ul style="list-style-type: none"> • Plan for 20% to 40% loss of personnel
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Implement guidelines to modify the frequency and type of face-to-face contact (e.g., hand-shaking, seating in meetings, office layout, shared workstations) among employees and between employees and customers.</p>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Encourage and track annual influenza vaccination for employees.</p> <ul style="list-style-type: none"> • Check with your local health care provider and county health department.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Evaluate employee access to and availability of health care services during a pandemic, and improve services as needed.</p> <ul style="list-style-type: none"> • What do you do if a sick employee reports to work? What is availability of local acute care facilities and clinics?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Evaluate employee access to and availability of mental health and social services during a pandemic, including corporate, community, and faith-based resources, and improve services as needed.</p> <ul style="list-style-type: none"> • Check with your local health care provider and county health department.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Identify employees and key customers with special needs, and incorporate the requirements of such persons into your preparedness plan.</p> <ul style="list-style-type: none"> • Single-parent households, elderly care givers, family members with special medical needs, animals.

1.3 Establish policies to be implemented during a pandemic:

Completed	In Progress	Not Started	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Establish policies for employee compensation and sick-leave absences unique to a pandemic (e.g., non-punitive, liberal leave), including policies on when a previously ill person is no longer infectious and can return to work after illness.</p> <ul style="list-style-type: none"> How do you deal with seasonal employees that are healthy and won't come to work or do come when they are sick?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Establish policies for flexible worksite (e.g., telecommuting) and flexible work hours (e.g., staggered shifts).</p> <ul style="list-style-type: none"> The Internet will not support everyone working from home.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Establish policies for preventing influenza spread at the worksite (e.g. promoting respiratory hygiene/ cough etiquette, and prompt exclusion of people with influenza symptoms).</p> <ul style="list-style-type: none"> Messaging to employees Temperature monitoring of employees (ear thermometers) Distancing within workspace, i.e., desks 6 feet apart Hand sanitizer readily available Employee kit containing tissue, hand sanitizer and information sheet Decrease gatherings in the workplace
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Establish policies for employees who have been exposed to pandemic influenza, are suspected to be ill, or become ill at the worksite (e.g., infection control response, immediate mandatory sick leave).</p> <ul style="list-style-type: none"> Compartmentalize functions and physical areas of the business, i.e., keep field staff separate from office staff.

Completed	In Progress	Not Started	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Establish policies for restricting travel to affected geographic areas (consider both domestic and international sites), evacuating employees working in or near an affected area when an outbreak begins, and guidance for employees returning from affected areas (refer to CDC travel recommendations).</p> <ul style="list-style-type: none"> • CDC website at time of outbreak.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Set up authorities, triggers, and procedures for activating and terminating the company's response plan, altering business operations (e.g., shutting down operations in affected areas), and transferring business knowledge to key employees.</p> <ul style="list-style-type: none"> • Who activates your business preparedness plan? Who returns the business to normal operations? Will closure be immediate or step down? • If the business has to shut down, will you have employees to be ride-out crew? • What type of lead in time would you need to be back to full operations?

1.4 Allocate resources to protect your employees and customers during a pandemic

Completed	In Progress	Not Started	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Provide sufficient and accessible infection control supplies (e.g., hand-hygiene products, tissues and receptacles for their disposal) in all business locations.</p> <ul style="list-style-type: none"> • Stock up on sanitizers, cleaners, hand towels, paper goods (i.e., toilet paper, kleenex, etc.) • Have a distribution plan.

Completed	In Progress	Not Started	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Enhance communications and information technology infrastructures as needed to support employee telecommuting and remote customer access.</p> <ul style="list-style-type: none"> • Encourage personal preparedness. • Distribute CDC individual checklist (attached).
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Ensure availability of medical consultation and advice for emergency response.</p> <ul style="list-style-type: none"> • Contact your local county health department and local medical facilities.

1.5 Communicate to and educate your employees:

Completed	In Progress	Not Started	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Develop and disseminate programs and materials covering pandemic fundamentals (e.g., signs and symptoms of influenza, modes of transmission), personal and family protection and response strategies (e.g., hand hygiene, coughing/sneezing etiquette, contingency plans).</p> <ul style="list-style-type: none"> • See provided individual handouts, disseminate these programs early on; let employees know about your panflu plans early on.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Anticipate employee fear and anxiety, rumors and misinformation and plan communications accordingly.</p> <ul style="list-style-type: none"> • Discuss trigger points (bird-to-bird, bird-to-human, sustained human-to-human, what would you do?) • Educate employees on the reality of pandemic. • Need to carefully consider sources of information (i.e., health department or tabloid).
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Ensure that communications are culturally and linguistically appropriate.</p> <ul style="list-style-type: none"> • Disseminate materials in appropriate languages.

Completed	In Progress	Not Started	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Disseminate information to employees about your pandemic preparedness and response plan.</p> <p>Provide information for the at-home care of ill employees and family members.</p>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Develop platforms (e.g., hotlines, dedicated websites) for communicating pandemic status and actions to employees, vendors, suppliers, and customers inside and outside the worksite in a consistent and timely way, including redundancies in the emergency contact system.</p> <ul style="list-style-type: none"> • See provided reference sheet for websites, have access to business website or provide hotline during pandemic (can be as simple as a telephone with an answering machine at your place of business and be able to change message remotely).
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Identify community sources for timely and accurate pandemic information (domestic and international) and resources for obtaining counter-measures (e.g., vaccines and antivirals).</p> <ul style="list-style-type: none"> • Contact county health department and/or county emergency management office.

1.6 Coordinate with external organizations and help your community:

Completed	In Progress	Not Started	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Collaborate with insurers, health plans, and major local health care facilities to share your pandemic plans and understand their capabilities and plans.</p> <ul style="list-style-type: none"> • Review company medical insurance policies.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Collaborate with federal, state, and local public health agencies and/or emergency responders to participate in their planning processes, share your pandemic plans, and understand their capabilities and plans.</p> <ul style="list-style-type: none"> • Networking with your local emergency management office, and understand its capabilities

Completed	In Progress	Not Started	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Communicate with local and/or state public health agencies and/or emergency responders about the assets and/or services your business could contribute to the community.</p> <ul style="list-style-type: none"> • Develop local markets for product if fuel or product distribution becomes a problem. • Emergency management office should understand your business' capabilities.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Share best practices with other businesses in your communities, chambers of commerce, and associations to improve community response efforts.</p> <ul style="list-style-type: none"> • Documenting and sharing preparedness plans when appropriate.





Links for Pandemic Flu

Florida Department of Health
www.doh.state.fl.us

U.S. Pandemic Flu website
www.pandemicflu.gov

Centers for Disease Control and Prevention
www.cdc.gov/flu/pandemic/

Florida Action Plan for Pandemic Influenza
[www.doh.state.fl.us/rw_Bulletins/
Pandemic2005Draft.doc](http://www.doh.state.fl.us/rw_Bulletins/Pandemic2005Draft.doc)

Pandemic Influenza: Discussion and Planning
Recommendations
[www.doh.state.fl.us/rw_Bulletins/
PANFLU_WhitePaper_11-21-05.pdf](http://www.doh.state.fl.us/rw_Bulletins/PANFLU_WhitePaper_11-21-05.pdf)

Health and Human Services Pandemic
Influenza Plan
www.hhs.gov/pandemicflu/plan/

National Strategy for Pandemic Influenza
[www.whitehouse.gov/homeland/
pandemic-influenza.html](http://www.whitehouse.gov/homeland/pandemic-influenza.html)

Links for Avian Flu

Florida Department of Health
www.doh.state.fl.us

Centers for Disease Control and Prevention
www.cdc.gov/flu/avian/index.htm

Animal and Plant Health Inspection Service
[www.aphis.usda.gov/lpa/issues/avian_
influenza/ index.html](http://www.aphis.usda.gov/lpa/issues/avian_influenza/index.html)

National Wildlife Health Center
[www.nwhc.usgs.gov/research/avian_
influenza/avian_influenza.html](http://www.nwhc.usgs.gov/research/avian_influenza/avian_influenza.html)

Florida Department of Agriculture
and Consumer Services,
Division of Animal Industry
[www.doacs.state.fl.us/ai/main/avian_flu_
main.shtml](http://www.doacs.state.fl.us/ai/main/avian_flu_main.shtml)

HOME CARE FOR PANDEMIC FLU

What is Pandemic Flu?

A “pandemic” is a disease that spreads to all people. If you are caring for a loved one during a pandemic, it’s important to take steps to protect yourself and others. Always follow the most current advice of the U.S. Department of Health and Human Services and your local health department.

Prevent the Spread of Pandemic Flu

These healthy habits will help keep you and others from getting and passing on the virus

- Clean your hands often with soap and water or alcohol-based hand sanitizer.
- Cover your mouth and nose with a tissue when you cough or sneeze and clean your hands afterward. Put used tissues in a wastebasket.
- Cough or sneeze into your upper sleeve if you don’t have a tissue.
- Keep your hands away from your eyes, nose and mouth to prevent germs from entering your body.

Also, a person with signs of the flu should:

- Stay home from work, school and errands and avoid contact with others.
- Consider wearing a surgical mask when around others. There may be benefits.

When a Household Member Is Sick

The flu virus is spread when contaminated droplets exit the mouth and nose of an infected person and the virus comes in contact with others. So, follow these tips to protect yourself and others in your home:

- Keep everyone’s personal items separate. All household members should avoid sharing computers, pens, papers, clothes, towels, sheets, blankets, food or eating utensils.
- Disinfect door knobs, switches, handles, toys and other surfaces that are commonly touched around the home or workplace.
- Disinfectant:
1 gallon water
1/4 cup bleach
Mix up a fresh batch every time you use it.
- It is okay to wash everyone’s dishes and clothes together. Use detergent and very hot water. Wash your hands after handling dirty laundry.
- Wear disposable gloves when in contact with or cleaning up body fluids.
- One person should be the caregiver. He or she may benefit from wearing a mask when giving care.



Caregivers should always wash their hands before providing care. Afterward, wash again and apply alcohol-based hand sanitizer as well. Follow these steps for proper hand hygiene:

1. Wet hands with warm, running water and apply liquid soap.
2. Rub hands vigorously for at least 15 seconds, covering all.
3. Scrub nails by rubbing them against the palms of your hands.
4. Rinse your hands with water.
5. Dry your hands with disposable towels.

Recognize Pandemic Flu Symptoms

Watch for these symptoms

- Fever
- Cough
- Runny nose
- Muscle pain

Call your health-care professional at the first sign of the flu. Many symptoms can be treated by the health-care professional over the telephone.

Care for a Loved One With the Flu

A person recovering from flu should have:

- Rest and plenty of liquids
- Medications to relieve flu symptoms
- No alcohol or tobacco

Keep a care log. Write down the date, time, fever, symptoms, medicines given and dosage. Make a new entry at least every 4 hours or when the symptoms change. Call your health care professional again if your loved one has:

- A high fever

Children and Adults:
Greater than 105°F (40.5°C).

Babies 3 months to 24 months old:
103°F (39.4°C) or higher.

Babies up to 3 months:
Rectal temperature of 100.4°F (38°C) or higher.

- Shaking chills
- Coughing that produces thick mucus
- Dehydration (feeling of dry mouth or excessive)
- Worsening of an existing serious medical condition (for example: heart or lung disease, diabetes, HIV, cancer)

If you cannot reach your health care professional, call 911 or local emergency number for any of the signs below:

- Irritability and/or confusion
- Difficulty breathing or chest pain with each breath
- Bluish skin
- Stiff neck
- Inability to move an arm or leg
- First-time seizure

Prevent Dehydration

Dehydration occurs when the body loses too much water and it's not replaced quickly enough. It can be serious. Begin giving soothing drinks at the first signs of the flu and follow these tips:

- In addition to plenty of liquids, give ice and light, easily digested foods, such as soup and broth.
- If your loved one has diarrhea or vomiting, give fluids that contain electrolytes. These are available at your pharmacy or grocery store. Or you can make your own rehydration electrolyte drink for someone over the age of 12.

Electrolyte Drink:

1 quart water
1/2 teaspoon baking soda
1/4 teaspoon table salt
3 to 4 tablespoon sugar
1/4 teaspoon salt substitute
Mix well and flavor with juice or sugar-free Kool-Aid®.

- If drinking liquids makes nausea worse, give one sip at a time until your loved one can drink again.

Reduce Fever

To help reduce a fever, do the following:

- Give plenty of fluids.
- Keep a record of your loved one's temperature in your care log.
- To relieve discomfort, give a sponge bath with lukewarm water.
- Give fever-reducing medication, such as acetaminophen, aspirin or ibuprofen, as directed on the container's label. Do not give aspirin to anyone younger than 20.

After you have called your doctor or emergency number for a fever, continue to follow the home treatment recommendations above. If there is a delay in getting help, ask a health care professional if you should start an additional dose of an alternate fever-reducing medication (acetaminophen, ibuprofen or aspirin) between the doses described on the label. Always continue to give plenty of fluids.

Prepare for a Flu Pandemic

Make a plan now for flu pandemic. Figure out what you will do if members of your household have to stay home from work or school or stay separated from others for a period of time. Keep extra supplies of food, water, medications and your disaster supply kit on hand.

Pandemic flu caregiving supplies:

- Thermometer
- Box of disposable gloves
- Acetaminophen
- Bleach
- Alcohol-based hand sanitizer
- Paper towels
- Tissues
- Surgical masks (one for each person)
- Sugar, baking soda, salt, salt substitute

Local Contact



American
Red Cross



Contacts	Name/ Phone Number
Family physician	
Pharmacy	
School contact and emergency information	
Local health department	
Local personal emergency contact	
Employer contact and emergency information	
Hospital	

What employees can do to reduce risk at place of business:

1. Avoid unnecessary travel.
2. Stay at least three to six feet away from people who are coughing or sneezing.
3. Avoid common social greeting practices such as shaking hands, and hugging or kissing.
4. Possibly work from home (be aware of your company's pandemic flu plans).
5. Avoid public places, such as stores.
6. Keep your work areas clean.
7. Stay healthy.
8. Get a standard flu shot.
9. Stay informed.
10. Wash your hands frequently.



GOOD HEALTH HABITS FOR PREVENTION

Fact Sheet

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent the flu.

Avoid close contact

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

Stay home when you are sick

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

Cover your mouth and nose

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

Clean your hands

Washing your hands often will help protect you from germs.

Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

Practice good health habits

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

www.cdc.gov/flu/protect/habits.htm





Cover Your Cough

Stop the Spread of Germs that Make You and Others Sick!

Serious respiratory illnesses like influenza, respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS) are spread by:

- Coughing or sneezing
- Unclean hands

To help stop the spread of germs,

- Cover your mouth and nose with a tissue when you cough or sneeze.
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Put your used tissue in the waste basket.

Clean your hands after coughing or sneezing

- Wash with soap and water.
- or
- Clean with alcohol-based hand cleaner.

Note: You may be asked to put on a surgical mask to protect others.

Learn more in our Flu Prevention Toolkit: Real People. Real Solutions.

www.cdc.gov/flu/protect/covercough.htm



Stopping the Spread of Germs at Home, Work and School

Avoid close contact

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

Stay home when you are sick

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

Cover your mouth and nose

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

Clean your hands

Washing your hands often will help protect you from germs.

Avoid touching your eyes, nose or mouth

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

Stopping Germs at Work

CDC information on stopping the spread of germs at work

www.cdc.gov/flu/protect/stopgerms.htm



Smoking and Influenza

If you are thinking about quitting smoking today is the time to take the appropriate steps to do so.

- Some research studies show an increase in influenza infections among smokers compared to nonsmokers.
- There is a higher mortality rate for smokers than nonsmokers from influenza

Additional respiratory health consequences:

- Smoking is related to chronic coughing and wheezing among adults and children and chronic bronchitis and emphysema among adults.
- Smokers are more likely than non smokers to have upper and lower respiratory tract infections, perhaps because smoking suppresses immune function. Within 20 minutes after you smoke that last cigarette, your body begins a series of positive changes that continue for years.

Smoking cessation:

- Smoking harms nearly every organ of the body, causing many diseases and reducing the health of smokers. Quitting smoking has immediate, as well as long-term health benefits.
- Individual, group, or telephone counseling by trained health professionals increases the chances of successful quitting. Nicotine replacement products and certain other medications also increase the chance that people can successfully quit.

To successfully quit smoking, you should take the following steps:

- See your doctor, call a telephone quitline, or join a group program to learn new skills and behaviors to deal with situations when you want to smoke.
- Get ready and set a quit date.
- Get support and encouragement from family and friends.
- Get medication and use it correctly.

For information on how you can quit smoking visit the following web sites and resources below:

- Online guide to quitting smoking at www.smokefree.gov/
- Locate a quitline in your state and speak to smoking cessation counselor at www.smokefree.gov/usmap.html
- Additional information on how to quit smoking at www.cdc.gov/tobacco/how2quit.htm
www.cdc.gov/flu/protect/smoking.htm



Stop the spread of germs that make you and others sick!

Cover your Cough



Cover your mouth and nose with a tissue when you cough or sneeze

or cough or sneeze into your upper sleeve, not your hands.

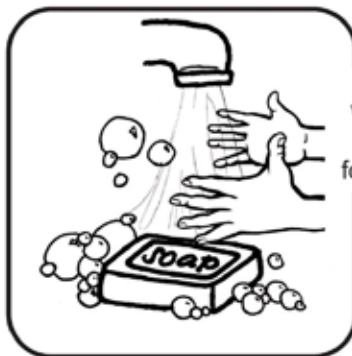


Put your used tissue in the waste basket.



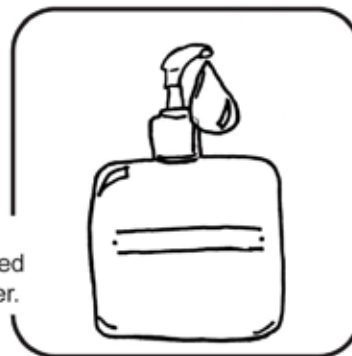
Clean your Hands

after coughing or sneezing.



Wash hands with soap and warm water for 20 seconds

or clean with alcohol-based hand cleaner.



Minnesota Department of Health
717 SE Delaware Street
Minneapolis, MN 55414
612-676-6414 or 1-877-476-6414
www.health.state.mn.us



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OR TISSUE**



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FLORIDA DEPARTMENT OF HEALTH

WWW.5THGUY.COM

Pandemic Influenza Agriculture Planning Toolkit

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Compiled by the

Florida Department of Agriculture
and Consumer Services

Florida Department of Health
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