



**PLAN
PREPARE
PRACTICE**

PowerPoint Script

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1. Preparing for an Influenza Pandemic	Welcome Statement
2. Agenda	The presentation and discussion today will cover the following subjects: An overview of influenza, the sickness commonly known as the “flu.” The definition of, and a deeper look at the history of, influenza pandemic. Finally, the presentation will discuss how families and communities can prepare themselves for an influenza pandemic, or any large scale disaster.
3. Influenza Overview	Influenza is different than what people commonly call the “stomach flu.” The “stomach flu” may be a bacteria or a virus, and though you may have a fever and aches, usually only impacts the digestive system. Influenza, in contrast, is a respiratory illness that is always caused by a virus. Influenza is spread through what is known as “droplet transmission,” or coughing, sneezing, and then touching items that are covered in those droplets. People infected with the influenza can spread it 1-2 days before they know that they are ill and during their entire illness.
4. Photo	This is a photo of the respiratory “droplets” that can spread influenza. The droplets can spread anywhere from 3 to 6 feet when we cough and sneeze.
5. Seasonal Influenza	Every year we have a “flu season.” Different strains of influenza are spread throughout the community, and while most people recover within 7-14 days, some people have become seriously ill from the seasonal flu. Every year in the United States, 36,000 people die as a result of influenza and 200,000 people are hospitalized. The flu costs the U.S. \$10 billion in health care costs. It is important to repeat that most healthy people do recover from influenza within 1-2 weeks. The best way to prevent getting the seasonal flu, and this is especially important for people who may have existing health problems or who work in schools or hospitals, is to get a flu shot every year.
6. WHO	The World Health Organization reports that the world may be on the brink of another influenza pandemic.
7. Pandemic Influenza	The issue of a global outbreak of influenza is on the minds of many people in the scientific community. A pandemic is defined as a global outbreak of disease that spreads rapidly and affects many people worldwide. Many health officials believe that it is not a matter of if there will be another influenza pandemic, but when.

8. Conditions of a Pandemic	In order for a disease like influenza to be called a pandemic it has to meet specific conditions. It must be a new virus that has never been in humans before, thus there is no pre-existing immunity.
9. Six Stages of a Pandemic	The World Health Organization has been monitoring the current risk of a pandemic, and we are in pandemic alert stage 3 with no or limited human to human transmission.
10. Pandemic of 1918-1919	A historical look at the greatest influenza pandemic in recent history– the pandemic that occurred in 1918 through 1919– helps us understand the issue of influenza pandemic and how it may impact individuals and communities. This pandemic was responsible for at least 40 million deaths worldwide. Because of the nature of this particular strain of influenza, many of the people who died were in their 20s and 30s, and it is estimated that as many as 8 to 10% of all young adults alive at that time were killed in the influenza pandemic. More people died in one year than were killed by the Plague in the Middle Ages, and more people died in 24 weeks than AIDS has killed in 24 years.
11. Photo	This is a photo of a World War I army barracks full of soldiers ill with influenza. It is thought that the influenza of 1918 perhaps originated in Kansas. It is known for certain that soldiers in WWI were often victims of influenza, and their close living quarters helped spread the disease.
12. Photo	Again, soldiers with influenza, lined up on cots.
13. Photo	Here, police officers are wearing masks during the 1918 pandemic. It is unknown if these types of surgical masks protect people from catching influenza, but like the more recent SARS outbreak in Asia and Toronto, masks were a common sight during the pandemic.
14. Photo	This man is being denied passage on the streetcar because he is not wearing a mask.
15. Other 20th Century Influenza Pandemics	There have been other, more mild pandemics in the 20th century.
16. What Could Influenza Pandemic Look Like in My Community?	So what might influenza pandemic look like? As evidenced by past pandemics, the illness comes in “waves” and can last weeks to months. People may be asked to practice “social distancing,” or limiting contact with others and maintaining a distance of 3 feet from others. Public gatherings may be cancelled, and daily life may be disrupted with school and/or work closings.
17. Health Implications	Given the large number of sick people, there may not be enough medical supplies. Hospitals and clinics would be overwhelmed, and as a result of the flu, significant numbers of illness and death would occur. Many people may be ill at home with no one to care for them.

18. Projections for U.S. During a Pandemic	These are projections of death and illness for the United States and Indiana based on a moderate and severe influenza pandemic. Medical care and hospitalization are on top of current needs, so you can see how the health care system could easily be overwhelmed.
19. Economic Implications	It is estimated that up to 30% of people may be absent from work at any given time, ill or caring for sick relatives. Familiar stores may not be open.
20. "In a Pandemic..."	For individuals and communities, the best way to ensure the safety of your family and your community is to prepare.
21. Mental Preparations	The most important preparation that you can make is to believe that preparations are necessary. Think about the events of the recent past; 9/11, Hurricane Katrina. How would you, your family, your community, have reacted to those events? Or think about other disasters: floods, fires, tornadoes. Disasters do happen in Indiana. They impact real people, and if you are prepared they will impact you, your family, and your community less.
22. Plan	Planning for disasters, or an event like a pandemic, is a continuous process and it works if you take frequent small steps. Though influenza pandemic is the focus of this presentation, it makes sense to prepare for all types of disasters.
23. Prepare	As shown by recent disasters, namely the hurricane Katrina, when faced with a large disaster, the government will not be able to immediately respond to all affected people. It is the responsibility of individuals to prepare for emergencies. You can prepare by making an individual or family plan and putting together an emergency supply kit. Talk to neighbors and family members about preparing.
24. Family Communication Plan	A family communication plan will help your family communicate in the event of an emergency. Out-of-state contacts need to be established. Local lines may be jammed and all you can do is make long-distance calls. If you have children, talk to schools and daycares about their emergency plans. Likewise, plan if you have elderly or handicapped relatives, or family members in a nursing home.
25. Emergency Supplies	An emergency kit can help you prepare for emergencies. It is recommended that for all emergencies you should have at least 72 hours worth of food and water for all people. For pandemic preparedness this may be longer, 2-3 weeks worth per person.
26. Special Populations	Special populations need special consideration. Infants, adults with medical needs, and seniors all have specific needs that need to be thought about when planning for emergencies.

27. Pets	Pets also need to be included in emergency plans. Extra food and water and care should be considered.
28. Personal Documents	It is also important to organize financial and other records in the event of an emergency. Have a safe place where you can access important records, such as bank accounts, social security numbers, medical information such as height and weight for all family members, and medical insurance information.
29. Most Importantly	Most importantly in preparing for an emergency, make the preparations work for you and your family.
30. Influenza Prevention Practice	It is important to practice good hygiene. Cough into your sleeve, and wash your hands frequently with soap and water for 20 seconds, or as long as it takes to sing "Happy Birthday" twice. If you are sick, social distancing measures will be encouraged. This may include on-line banking, meetings by telephone, and working from homes for those who can. Getting a flu vaccination every year is also a great way to protect yourself from the seasonal flu.
31. Community Preparations	In addition to individual and family preparedness, it is vital that communities begin to have conversations about emergency preparedness. Individuals can become more involved in community preparedness by getting to know their neighbors, particularly those who are elderly, isolated, or have disabilities. People can serve their community by taking a first aid class or becoming involved in community citizen preparedness groups. If anyone would like more information on these groups you can see me after or contact the local health department.
32. Community Preparations	Where would kids go if schools, recreation centers, and daycares closed? How would communities worship if services were cancelled? Who are the people in your community that would need extra help in the event of a pandemic? What can your community do now to help prepare all people in your community for an emergency? Facing influenza pandemic, individuals can take specific steps to prepare. The government, at the federal, state, and local level, is working hard at planning and preparing for many types of emergencies, including an influenza pandemic. Still, there are many issues that need to be thought about on the community level.

