



# PANDEMIC INFLUENZA U • P • D • A • T • E



*Public Health Prepares*

*January 19, 2006*

## Fast Facts

Four different influenza antiviral medications, amantadine, rimantadine, oseltamivir, and zanamivir are approved by the FDA for the treatment and/or prevention of influenza.

All four antiviral medications usually work against influenza A viruses. However, the drugs may not always work because influenza virus strains can become resistant to one or more of these medications.

For example, Jan. 14, 2006, CDC announced that 91% of 2005-06 seasonal flu isolates tested was resistant to amantadine and rimantadine. CDC continues to test seasonal flu virus isolates. During this period, CDC recommends oseltamivir and zanamivir be prescribed if an antiviral medication is needed for the treatment or prevention of influenza.

The influenza A (H5N1) viruses identified in humans in Asia in 2004 and 2005 have also been resistant to amantadine and rimantadine. Testing of H5N1 virus isolates also continues.

## If you are asked . . .

*"Why is there so much concern about the H5N1 avian influenza outbreak in Asia and other countries, like Turkey? Is the threat real or hype?"*

We can't yet say whether the avian influenza A (H5N1) will be the source of the next pandemic of influenza or not. It does, however, represent a significant threat. To better understand the mode of transmission and the risk of spread, CDC recently sent personnel to Turkey to assist its Ministry of Health and the World Health Organization.

Avian influenza A (H5N1) infection in humans was first recognized in 1997 when this virus infected 18 people in Hong Kong, causing 6 deaths. Concern has increased in recent years as avian H5N1 infections have killed some people and large numbers of poultry flocks and other birds in Asia and Europe. The H5N1 virus has raised concerns about a potential human pandemic because:

- The virus has been transmitted from birds to mammals and in some limited circumstances to humans;
- Wild birds and domestic ducks have been infected without showing symptoms and become carriers of viral infection to other domestic poultry species; and
- Genetic studies confirm that H5N1 influenza viruses, like other influenza viruses, are continuing to evolve.

Currently, avian influenza H5N1 does not qualify as a pandemic influenza virus strain. Also, there are no reports of H5N1 in poultry or humans in the United States. While there is no reason for alarm, it makes sense to prepare now. To learn more about pandemic influenza preparedness, visit: [www.pandemicflu.gov](http://www.pandemicflu.gov).

## Public health prepares . . .

### New Pandemic Planning Checklists

In the event of pandemic influenza, everyday life could be disrupted as people in communities everywhere are likely to fall ill at the same time. Resulting disruptions could include everything from school and business closings to interruption of basic services such as public transportation. Although the nation, including the public health system, is actively preparing for this global emergency, the nature of a flu pandemic requires that all individuals and organizations take action to limit a pandemic's negative impact on people, the economy, and society. Businesses, schools, colleges and universities, faith-based and community groups, individuals and healthcare organizations can and should prepare now.

To assist planning efforts, the Department of Health and Human Services (HHS), and the Centers for Disease Control and Prevention (CDC) have developed a series of checklists that identify important, specific activities that individuals and organizations can do to prepare now.

Each checklist includes action steps to:

- Plan for impact on organizations and their operations
- Plan for impact on people involved with organizations
- Establish policies to maximize infection control
- Allocate resources to protect health and safety
- Communicate and educate people
- Coordinate with external organizations

Checklists for the following organizations are either completed or in development:

- Family and Individuals
- Healthcare (physician's offices)
- Businesses
- State and Local Health Departments
- Schools (K-12)
- Faith-based and Community Organizations
- Colleges and Universities
- Travel Industry
- Preschools
- Pre-hospital/EMS/ ambulance systems
- Home healthcare

## Update on H5N1: Global Activity Humans and Birds

**HUMANS:** During outbreaks since December 2003, 148 confirmed cases in humans and 79 deaths that occurred in the following nations: Vietnam 93 cases and 42 death; Thailand 22 cases and 14 deaths; Indonesia 17 cases and 12 deaths; China 8 cases and 5 deaths; Cambodia 4 cases and 4 deaths; and Turkey 4 cases and 2 deaths.

**BIRDS:** From January 2004 through January 6, 2006, active outbreaks among birds have been confirmed in Vietnam, Thailand, Indonesia, China, Cambodia, Russia, Kazakhstan, Mongolia, Turkey, Croatia, Ukraine, and Romania. South Korea and Japan have had no active outbreaks since March 2004.

For the most recent reports, please go to link:  
[www.who.int/csr/outbreaknet/en/](http://www.who.int/csr/outbreaknet/en/)

## Pass this on . . .

### Individual and Family Planning Guide

On January 6, 2006, HHS Secretary Mike Leavitt released an individual and family planning guide. The "Pandemic Influenza Planning: A Guide for Individuals and Families," is a new tool to help Americans understand the threat of pandemic influenza and specific actions they can take to protect themselves and their families.

The handbook includes a "Pandemic Flu Planning Checklist for Individuals and Families" and a "Family Emergency Health Information Sheet" to help people gather information and resources they may need. The checklist breaks activities into three categories: "To plan for a pandemic;" "To limit the spread of germs and prevent infection;" and "Items to have on hand for an extended stay at home." Examples of specific preparations include:

- Having any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes and vitamins; and
- Talking 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 another home. (*See checklist below*)

For more information: [www.pandemicflu.gov](http://www.pandemicflu.gov)

## Where to find out more . . .

### Pandemic Preparedness Crisis & Emergency-Risk Communication training at CDC, Feb. 2:

The CDC Corporate University's new School of Preparedness and Emergency Response is offering the one-day course. It will explore the psychology of a public health emergency and the types of risk communication messages the public will need from their public health professionals during a pandemic. For more information, visit:

<http://intranet.cdc.gov/od/cdceu/cdceuprep.htm#pandemic>

#### Pandemic Influenza Update: Reader's Feedback

The twice-monthly Pandemic Influenza Update is prepared by CDC's Office of Enterprise Communication. Information in this newsletter is time sensitive and evolving. Readers are welcome to comment by email to: [panupdate@cdc.gov](mailto:panupdate@cdc.gov)



# 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:***

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- 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.
- Ask your doctor and insurance company if you can get an extra supply of your regular prescription drugs.
- Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- 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:***

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- 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:**

<b>Examples of food and non-perishables</b>	<b>Examples of medical, health, and emergency supplies</b>
<ul style="list-style-type: none"><li><input type="checkbox"/> Ready-to-eat canned meats, fruits, vegetables, and soups</li><li><input type="checkbox"/> Protein or fruit bars</li><li><input type="checkbox"/> Dry cereal or granola</li><li><input type="checkbox"/> Peanut butter or nuts</li><li><input type="checkbox"/> Dried fruit</li><li><input type="checkbox"/> Crackers</li><li><input type="checkbox"/> Canned juices</li><li><input type="checkbox"/> Bottled water</li><li><input type="checkbox"/> Canned or jarred baby food and formula</li><li><input type="checkbox"/> Pet food</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Prescribed medical supplies such as glucose and blood-pressure monitoring equipment</li><li><input type="checkbox"/> Soap and water, or alcohol-based hand wash</li><li><input type="checkbox"/> Medicines for fever, such as acetaminophen or ibuprofen</li><li><input type="checkbox"/> Thermometer</li><li><input type="checkbox"/> Anti-diarrheal medication</li><li><input type="checkbox"/> Vitamins</li><li><input type="checkbox"/> Fluids with electrolytes</li><li><input type="checkbox"/> Cleansing agent/soap</li><li><input type="checkbox"/> Flashlight</li><li><input type="checkbox"/> Batteries</li><li><input type="checkbox"/> Portable radio</li><li><input type="checkbox"/> Manual can opener</li><li><input type="checkbox"/> Garbage bags</li><li><input type="checkbox"/> Tissues, toilet paper, disposable diapers</li></ul>