

At-A-Glance

Pandemic Flu

A pandemic flu is a large outbreak of flu that occurs when a new influenza virus appears to which people have little or no immunity. It affects people of all ages, backgrounds, and locations causing illness and death as well as social disruption.



What to expect with Pandemic...

- The CDC (Center for Disease Control) recommends a yearly flu vaccine for people ages 6 months and older
- There are numerous flu viruses, but the vaccine targets the viruses most common
- People at high risk for developing the flu are:
 - Children younger than 5
 - Adults 65 years of age or older
 - Pregnant Women
 - Residents of nursing homes and other long-term care facilities
 - American Indians and Alaskan Natives
 - A number of diseases lower the immune system and make acquisition of the flu viruses easier
- When people are sick with the flu, it is not uncommon to experience delays in services, at work, at home, or abroad

Reduce infection by...

- Wash your hands frequently with soap and water or an alcohol-based sanitizer.
- Cough or sneeze into a tissue; if you do not have a tissue, cough or sneeze into your elbow or upper sleeve.
- After coughing or sneezing, clean your hands with soap and water or use an alcohol-based hand sanitizer; Avoid touching your eyes, nose, or mouth
- Stay at home if you are ill; Create a plan among your family/friends for caring for one another should one of you become ill.

Staying informed on Pandemic Flu...

- Be aware of the status of the pandemic flu in the media.
- Seek information on public services that may close; requiring you to plan ahead.
- Follow updates provided by local public health authorities and personal health care providers.

Did you know?

Death rates may be high. Four factors determine the death toll:

- The number of people who become infected.
- The strength of the virus.
- The underlying characteristics and vulnerability of affected populations.
- The effectiveness of preventive measures.

For more information go to:

www.ready.gov

Flu Facts



Sources: American Red Cross, Flu.gov, and US Department of Health and Human Services



Cuyahoga County Office of Emergency Management
P: 216-443-5700 | ema@cuyahogacounty.us

READY ✓
CUYAHOGA COUNTY
Every Person. Every Emergency.