

Hidalgo County Health Department



Guide to Preparing for the Pandemic Flu



Public Health Preparedness & Response Team
1304 S. 25th Ave
Edinburg, TX 78539

Phone: (956) 318-2426
Fax: (956) 318-2431
website: www.hchd.org

WHAT IS A PANDEMIC FLU?

- ◆ Occurs rarely (2 of the 3 criteria now exist)
- ◆ New virus, not previously seen in humans
- ◆ Spread from animals or birds to humans
- ◆ Mutation allows human-to-human transmission (has not occurred yet but will mark the beginning of the pandemic)

USUAL FLU PATTERNS

- ◆ Occurs in winter
- ◆ Responds to vaccines which are available
- ◆ Antiviral drugs are usually in adequate supply
- ◆ Public is partially protected from previous flu seasons and vaccines
- ◆ Different from the common cold
- ◆ SUDDEN ONSET: fever, cough, runny nose, muscle aches
- ◆ Kills about 36,000 per year (mostly the very young and very old)

PANDEMIC FLU

- ◆ 3 pandemics in the last 100 years
- ◆ Potential to strike world-wide
- ◆ Affects healthy worker age group
- ◆ No vaccine available early on
- ◆ Vaccine in short supply when available
- ◆ Antivirals in short supply (prioritization a must)
- ◆ Symptoms will be more serious
- ◆ Overwhelming number of patients in medical facilities
- ◆ Increased number of deaths

PUBLIC HEALTH MEASURES

- ◆ Isolation
 - ◆ The sick will be asked to stay home, to avoid crowds, and to seek medical attention
- ◆ Quarantine
 - ◆ Those exposed may be restricted from travel & contact with others until the incubation period is over. Only Health Authorities can quarantine.
- ◆ Public Gatherings
 - ◆ May be closed to prevent spread of disease (i.e. sports events, concerts, movies, schools, churches)

Surveillance of patients and the spread of disease will be undertaken by the Local Health Department.

Points-of-Distribution Sites (PODS) for vaccines and antivirals will be established.



Laboratory confirmation of the pandemic viral strain.

Public education about infection control measures will take place

Public information releases and progress reports will be issued

Just-in-Time training for POD volunteers will take place

PREVENTION OF DISEASE AT HOME

- ◆ Those who are ill with the flu should stay home (no school, work or public gatherings).
- ◆ If a flu patient is in your home, contact your doctor.
- ◆ Wear masks and gloves when caring for the ill
- ◆ Those who are ill should cover the nose and mouth when coughing. 
- ◆ Those who are ill should wear masks upon leaving the room.
- ◆ Frequent hand washing is necessary, especially before and after treating the ill patient.
- ◆ Clean common surfaces often with disinfectant (i.e. counters, telephone, door knobs).
- ◆ Watch the healthy for signs and symptoms of illness. 
- ◆ Healthy persons should consider wearing a mask when leaving the house.
- ◆ Prepare and have supplies available before a pandemic occurs.
- ◆ Fire and police services will be affected by the Pandemic.
- ◆ Know all of your emergency telephone numbers.

**HAVE A PERSONAL
PROTECTION PLAN!**

EMERGENCY PANDEMIC KIT

- ◆ **Two weeks supply of food** that does not need refrigeration (i.e. canned meats, canned goods, supplies such as flour, sugar, salt).
- ◆ **A guaranteed water supply:** stored in containers, 1 gallon per person per day for 14 days.
- ◆ **Two weeks supply** of acetaminophen (Tylenol-type), Ibuprofen (Advil-type), and medicines that include for fever, cough and pain.
- ◆ **Prescription medications** (including insulin and syringes if needed) for **90 days**.
- ◆ **Rehydration Solutions** (Pedialyte for children, Gatorade for teens and adults)
 - ◆ **Homemade Rehydration Solutions** -four cups of water, 2 table-
spoons of sugar, 1/2 teaspoon of
salt. Drink at room temperature. DO
NOT BOIL THE SOLUTION
- ◆ Cell phone and charger
- ◆ Surgical or improvised face masks and medical-type or household rubber gloves
- ◆ Disinfectants and household chlorine solutions

For more information on emergency kits, contact the American Red Cross South Texas Chapter at (956) 423-0523 or their website at www.southtexasredcross.org

KEEP UP TO DATE

- ◆ Listen to your local radio and TV channels.
- ◆ Go to www.cdc.gov for more information on pandemics, and other health matters.
- ◆ go to www.who.int for health related travel information and international disease outbreak updates and information
- ◆ Go to <http://travel.state.gov/index.html> for warnings and advisories on foreign travel.
- ◆ Go to your local TV stations websites for local information and updates:
 - ◆ www.newschannel5.tv/
 - ◆ www.team4news.com
 - ◆ www.kmbh.org
- ◆ Call 2-1-1
 - ◆ Gives you access to resources across your community during an emergency and non-emergency. It responds immediately during times of crisis, to field calls during a crisis and to direct callers to services most appropriate for their needs (i.e. need help evacuating your home during a hurricane). www.ccrqv.org **Does not replace 9-1-1 calls!**

IF YOU MUST TRAVEL, REMEMBER:

- ◆ Take your medical supplies
- ◆ Check before you leave (your destination may be quarantined)
- ◆ Make sure for accommodation in advance. Make sure you have reservations.

LOCAL HOSPITALS

- ◆ Edinburg Regional Medical Center,
1102 West Trenton Road
Edinburg, TX
Phone: (956) 388-6000
- ◆ McAllen Medical Center
301 W. Expressway 83
McAllen, TX
Phone: (956) 632-4000
- ◆ Mission Regional Medical Center
900 South Bryan Road
Mission, TX
Phone: (956) 580-9000
- ◆ Rio Grande Regional Hospital
101 East Ridge Road
McAllen, TX
Phone: (956) 632-6000
- ◆ McAllen Heart Hospital
1900 South "D" Street
McAllen, TX
Phone: (956) 994-2000
- ◆ Knapp Medical Center
1401 East 8th Street
Weslaco, TX
Phone: (956) 968-8567
- ◆ Doctors Hospitals At Renaissance
5501 South McColl
McAllen, TX
Phone: (956) 661-7100

KEY PHONE NUMBERS

(Fill in your local phone numbers)

Sheriff's Department

(956) 393-6000

Local Police

Local Fire Department

Hidalgo County Health Department

(956) 383-6221

Your Doctors Office

Your Pharmacy

Information Line

Other Important Numbers

Other Important Numbers

Other Important Numbers