

Personal Pandemic Planning Guide

District of Mission



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Drilling down at home

August 2009

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The District of Mission Emergency Preparedness Planning Team has been actively working for the last several months developing plans and strategies to ensure that the District of Mission's critical and essential services can continue during a pandemic influenza or any other infectious disease outbreak. An important component of the plan is ensuring that Mission residents are prepared and have the ability to care for themselves and for their families.

The personal Pandemic Planning Guide is meant to assist you in developing your own plans for at home. Once you have developed your own personal strategy, we recommend that you post your plan on your fridge and revisit it frequently.

You will quickly notice that many of these questions relate to children and childcare arrangements. During an infectious disease outbreak, there is potential for schools and daycares to be closed down. It is important, therefore, to plan for alternative childcare arrangements if you rely on schools and daycares. Those who care for the elderly or other individuals with special needs could also have challenges that require pre-planning.

We hope you find this guide helpful and invite you to contact us if you have any questions or concerns regarding this planning guide or any other questions regarding pandemic planning.

Phone (604) 820-3794 or Email: ifitzpatrick@mission.ca



Don't be scared – be prepared!

This booklet contains information to help with your Personal Pandemic Planning:

- Questionnaire to assist with your personal plans
- Personal & Family Emergency Health Information Sheet
- Emergency Contact List
- Planning tips and checklists

Personal Pandemic Planning Guide

Personal Planning Questionnaire

Do you have children? _____

Ages
0-4 _____
5-12 _____
13-18 _____

Is anyone in your home pregnant? _____

Do you have children with special needs?

Is there another parent or guardian? _____

Does that person live in Mission? _____

Does that person live with you? _____

Does the other parent or guardian work? _____ Stay at home? _____

Can the other parent/guardian/caregiver work from home? _____

What are your current Childcare arrangements?

- Daycare
- Day Home
- Other parent/guardian
- In house nanny or babysitter
- Family member

Do you have other family or friends in the area that would be willing and able to help with childcare?
(List names, phone numbers)

If schools/daycares/day homes were closed, what are your alternatives for childcare?

Option 1: _____

Option 2: _____

Personal Pandemic Planning Guide

Do you provide care, in house or otherwise, for another family member or adult who may be ill or have other special needs? _____

Is there another caregiver to assist you? _____

Does that person live in Mission? _____

Does that person live with you? _____

Does the other caregiver work? _____ Stay at home? _____

Can the other caregiver work from home? _____

What other services do you use to assist with this care? _____

Which of these services are you most dependent on? _____

What arrangements will you have to make if these services are not available during a pandemic?

If you absolutely could not make any alternative arrangements for care of persons at home, please consider the following questions:

Can you do your job from home? _____

What portions of your job could be done from home? _____

What do you need in order to do your job from home? _____

Have you met with your employer to discuss working from home during a pandemic influenza situation if need arose? _____

Personal Pandemic Planning Guide

Other Considerations:

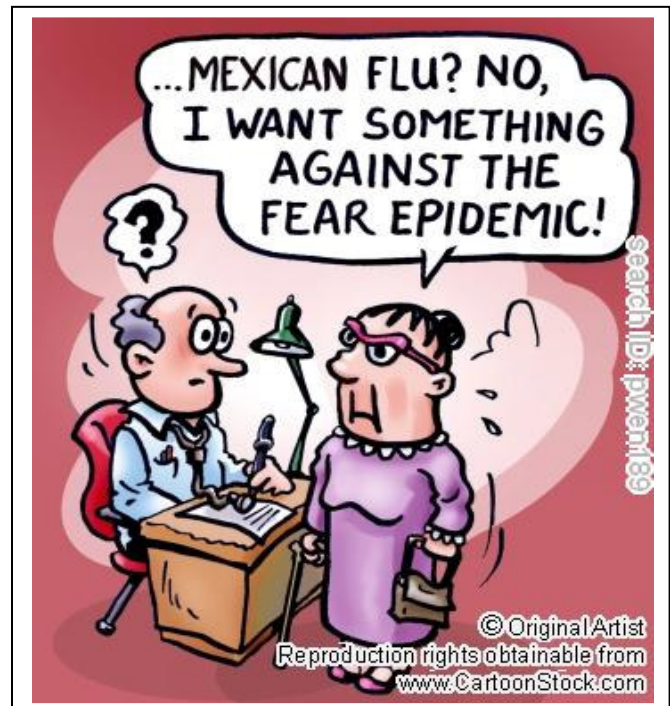
Do you have any pets? (type, number) _____

Do you live on an acreage or farm with animals? (type, number) _____

Do any of these animals have any special care requirements? _____

Do you have someone to look after your animals if you become ill or have to be away from home for extended periods of time? (Name, phone number) _____

Make sure you contact all the people you have listed in your plan as alternate caregivers, whether for people or animals, so that they can include you in their own pandemic plans



Personal Pandemic Planning Guide

Plan for a Pandemic:

- Store extra food and water. During a pandemic, you may not be able to get into a store, or they might be out of supplies.
- Ask your doctor for an extra supply of your regular medications and follow proper storage instructions.
- Have on hand an extra supply of non-prescription medications for common ailments.
- Make plans for caring of ill family members at home. Check in on neighbours, such as seniors, who may need assistance.
- Volunteer with local groups to prepare and assist with emergency response.
- Get involved with your community to prepare for influenza pandemic.

Supplies to have on hand:

- Ready-to-eat canned meats, fruits, vegetables, and soups
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter or nuts
- Dried fruit
- Crackers
- Canned juices
- Bottled water
- Canned or jarred baby food and formulas
- Pet food
- Manual can opener
- Prescribed medical supplies (glucose and blood-pressure monitoring equipment)
- Medicines for fever (acetaminophen or ibuprofen)
- Thermometer
- Anti-diarrheal medication
- Vitamins
- Fluids and electrolytes
- Cleansing agent/soap
- Flashlight, batteries, portable radio
- Garbage bags
- Tissue, toilet paper, disposable diapers, feminine hygiene products

<p>How Much Water? 3 Litres per person/day 1 Litre percat/day 2 Litres per dog/day (size dependent) for a two week period.</p>
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Personal Pandemic Planning Guide

Key Facts About H1N1 Flu

What is the H1N1 swine flu virus?

The H1N1 swine flu virus normally causes mild illness with cough in pigs. Natural changes to this virus have made it able to infect humans. In people, it usually causes symptoms like fever, cough, runny nose, sore throat, body aches, fatigue and lack of appetite. Some people also have diarrhea. Most people who catch H1N1 flu get better and do not become sick enough to need hospitalization. However, a few people get very sick. People at higher risk of becoming very ill include pregnant women, those of Aboriginal descent, and those with chronic lung or heart disease, diabetes, or obesity.

Can I catch H1N1 flu in Fraser Health?

Yes, H1N1 flu is circulating all over Canada and most of the rest of the world, including here.

What should I do if I have been exposed to someone who might have H1N1 flu, but I feel fine?

Do everything you would normally do, including going to work and/or school and catching coughs and sneezes in your upper sleeve. Wear washable shirts and wash them daily, and wash or sanitize your hands often.

I am starting to feel sick and think I might be coming down with H1N1 flu – what should I do?

If you feel very sick, are getting worse fast or are in one of the higher risk groups described above, you can call HealthLink B.C. at 8-1-1, 24 hours a day/seven days a week to speak to a nurse if you have more questions or are concerned about any illness/symptoms experienced by you or your children.

Otherwise: rest at home, cover coughs and sneezes, wash or sanitize your hands, and avoid others for 7 days after your symptoms started OR until your fever goes away, whichever happens LAST. Unless you are very sick, you do not need influenza testing. If you need advice, call 811.

What should child care facilities do to protect the children?

1. Tell children and staff members with cough, fever, vomiting, and/or diarrhea to stay home until they are better. For known or suspected H1N1 flu, they should stay home until 7 days after they started to get sick OR until fever is gone, whichever happens LAST. (For norovirus, also called "winter vomiting disease", they should stay home until at least two days after getting all better.)
2. Teach children and everyone else in the child care facility to cover coughs and sneezes with the upper arm. (A good teaching video aimed at adults can be seen at www.coughsafe.com.)
3. If tissues are used to catch coughs or sneezes or to blow the nose, the tissues and hand and possibly lower sleeve will be contaminated with virus. The used tissue should be put right away into a wastebasket that the children can't reach into. Hands should then be washed right away, or, if this is not possible, then hand sanitizer should be used.
4. Wash or sanitize hands after using a tissue, after using the toilet, before eating or drinking, and before and after shaking hands or touching the eyes, nose, or mouth. Wash hands using warm water and regular (not antibacterial) soap. Use a paper towel to turn off the taps so that any virus that got onto the taps won't get back onto your clean hands.

Hand sanitizer containing between 60-90% alcohol will work as long as you can't see dirt on your hands. (Both ethyl alcohol and isopropyl alcohol work against influenza, but only ethyl alcohol works against norovirus.) Keep all hand sanitizer away from small children. When needed, give a small child a squirt of hand sanitizer and supervise the child as s/he rubs it in.

5. Carry on with all regular cleaning and sanitization. No special disinfectant is required.

More information on H1N1 can be found on: www.fightflu.ca

Personal Pandemic Planning Guide

IMPORTANT PROTOCOLS DURING THE H1N1 PANDEMIC

Priority access to H1N1 vaccine:

- It is presently anticipated that B.C. will receive enough vaccine to immunize everyone who needs and wants it. As the vaccine will arrive in November (or possibly earlier), all British Columbians who need and want it will be able to receive a first dose by Christmas.
- There aren't expected to be any delays in vaccinating different groups (for example, health care workers versus susceptible individuals).
- Decisions about priority access to the pandemic vaccine will be based on a number of factors, including vaccine availability, evidence of susceptibility, scientific evidence, and ethical, legal and logistical considerations, which will instruct how to reach these targeted groups at work or through their primary care providers.
- The goals of the vaccine are to reduce morbidity and mortality and to minimize social disruption.
- A vaccine prioritization framework is currently being developed in partnership with Health Canada. Several factors must be weighed in developing priority groups, such as the characteristics of the illness and the vaccine, its spread and severity among different populations and the logistics of administering the vaccine.

How people get immunized:

- Once the vaccine arrives in British Columbia, people will be able to get immunized at their doctor's office or at an immunization clinic set up especially to deliver the vaccine. Consultations are underway that would allow pharmacists to deliver vaccinations as well.

Receiving antiviral treatment:

- People born before 1957 seem at low risk for infection.
- If you fall into one of the groups considered at high-risk for contracting or suffering complications from the H1N1 flu virus, during one of your regular doctor visits prior to the fall, work with your doctor to determine whether you should be prescribed antivirals in advance for use in the event you show H1N1 flu symptoms.
- Those at high-risk include:
- Women who are in their second or third trimester of pregnancy or four weeks post-partum during the flu season
- People at any age with underlying health conditions, and especially those with asthma, diabetes and morbid obesity
- Young children (under 5 years of age) and children with chronic health conditions as they seem to be a highest risk for hospitalization
- Individuals may wish to find a "flu buddy" to assist them in accessing medication when they are ill and unable to travel. Communities should plan to assist isolated or vulnerable neighbours.

School and other facility closures:

- Working with the appropriate authorities, the Provincial Health Officer and the local Medical Health Officer will make the final decision on whether it is necessary to close schools or other facilities such as day cares or community centres.
- School closures are not anticipated to be routinely used as a means of controlling H1N1 spread.

Personal Pandemic Planning Guide

Personal protective equipment health care workers should wear:

- Guidelines exist and are under constant review to determine the necessary protective measures that front line health care workers need to take, or be provided, as well as when this level of protection should be increased or decreased.

How people can protect against the H1N1 flu virus:

- B.C. has purchased enough H1N1 vaccine for all those who need and want it
- Currently, there is a national analysis taking place regarding to whom to recommend the vaccine, and this will depend on the evolving epidemiology and severity of the illness.
- Though not protective against H1N1, it is recommended that all persons at high-risk (those over the age of 65, those in the third trimester of pregnancy, those with other underlying health conditions) get the free seasonal flu vaccine.
- In addition, for people over 65, a vaccine against pneumonia is available free of charge from a physician.
- As always, the best ways to protect yourself and others from any flu virus, including H1N1 or seasonal flu, remain frequent and thorough hand washing and staying home if you're sick.

What businesses should do if employees are sick:

- If an employee is sick, it's their responsibility to stay home until they are feeling better. This will help prevent spreading the influenza virus to other people in the workplace.
- If an employee is at work and is sick, the employer should send that person home.
- Businesses should also prepare contingency plans for absenteeism, for example ensuring that "mission critical" functions can be carried out. For the full checklist of steps businesses can take to prepare, visit www.health.gov.bc.ca/pandemic/tools.html.

What to do if you get sick:

- The best thing you can do if you are sick with influenza-like illness is to remain at home until at least 24 hours after you are free of a fever (or signs of a fever) without the use of fever-reducing medications.
- If you have to travel outside the home while you have flu symptoms, wearing a simple surgical mask will help protect others from your coughing.
- If your child gets sick, be sure to keep him/her home from school until they are no longer showing symptoms.

You can call HealthLink B.C. at 8-1-1, 24 hours a day/seven days a week to speak to a nurse if you have more questions or are concerned about any illness/symptoms experienced by you or your children.

For the latest facts on the H1N1 flu virus, including back-to-school information, visit www.gov.bc.ca/h1n1.

Personal Pandemic Planning Guide