
PANDEMIC INFLUENZA
PUBLIC INFORMATION
UPDATE

REFERENCES

Massachusetts Department of Public Health
Division of Epidemiology and
Immunization
State Laboratory Institute
305 South Street
Jamaica Plain, MA 02130
Tel. (617) 983-6800
Fax. (617) 983-6840

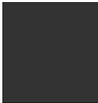
Center of Disease Control
Tel. (404) 639-3534
(800) 311-3435
1-888-232-6348. Questions can
be e-mailed to cdcinfo@cdc.gov.

<http://www.cdc.gov/>

[http://mass.gov/dph/cdc/epii/flu/flu1
.htm](http://mass.gov/dph/cdc/epii/flu/flu1.htm)

[http://www.town.dennis.ma.us/dept/B
OH/boh.htm](http://www.town.dennis.ma.us/dept/BOH/boh.htm)

Town of Health Department



Dennis Health Department

465 Main Street, Town Office Annex
Dennisport, MA 02639
Phone: 508-760-6158
Fax: 508-394-6289

PANDEMIC INFLUENZA FACTS

Pandemic influenza is different from the seasonal flu

It is a New or Novel influenza subtype

The general population has little to no immunity

Waves of the outbreaks could last several months

Vaccine production will take 4-5 months after the start of the outbreak to manufacture, and there may not be any vaccine for the first wave of outbreaks

Antiviral drugs will not prevent you from getting the flu

There is no data on how effective these drugs will be during a pandemic

HELP YOUR COMMUNITY

Volunteers may be needed

Schools may be closed

Public Services may be limited

Food supplies may be periodically disrupted

PLAN AHEAD & PREPARE

Keep a well stocked Emergency Kit

- Personal Prescription Medications
- Over the Counter Medications
 - Cold and Flu
 - Diarrhea Medications
- Bottled Water
- Nonperishable Food
- Toiletries
- Cleaning Supplies
 - Bleach/Disinfectant
 - Dish and Laundry Soap
- Radio and Batteries, Candles
- Make a Family Emergency Plan
 - Know who will care for children, housebound and elderly family and friends

STAY INFORMED

Listen to local Television and Radio Stations

Follow public announcement instructions

IF YOU BECOME SICK

Stay Home drink plenty of fluids

If you have difficulty breathing call your doctor, follow his/her instructions

Personal precautions may be necessary during a pandemic outbreak in order to protect health care workers

Clean your hands often, using either soap and water (or waterless, alcohol-based hand gels when soap is not available

AFTER TRAVELLING AND RETURNING HOME

Monitor your health for 10 days

If you develop a cough, sore throat, with a fever or difficulty breathing or if you develop any illness with fever during this 10-day period, consult a health-care provider

Tell the provider the following: 1) your symptoms, 2) where you traveled, and 3) if you have had direct contact with sick people

Do not travel while ill, unless traveling locally for medical care. Limit contact with others