



**Pandemic Influenza (100 series)**

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## **100. What is pandemic influenza?**

*Pandemic influenza is a global outbreak caused by a new influenza virus.*

- The virus may spread easily, possibly causing serious illness and death
- Because so many people are at risk, serious consequences are possible.
- Historically, pandemic influenza has caused widespread harm and death.

*Pandemic influenza is different from seasonal influenza (or “the flu”).*

- Seasonal outbreaks of the flu are caused by viruses that are already among people.
- Pandemic influenza is caused by an influenza virus that is new to people.
- Pandemic influenza is likely to affect many more people than seasonal influenza.

*Timing and consequences of pandemic influenza are difficult to predict.*

- Pandemic influenza has occurred three times in the last century.
- Flu viruses are constantly changing.
- The most serious was the 1918 pandemic which killed tens of millions of people worldwide.

*Preparing now can limit the effects of pandemic influenza.*

- The World Health Organization, the US Department of Health and Human Services, and countries throughout the world have developed emergency plans for a pandemic influenza.
- Informed public participation and cooperation will be needed for effective public health efforts.
- Individuals should stay informed about pandemic influenza and prepare as they would for any emergency.

## **101. How is pandemic influenza different from seasonal flu?**

*Pandemic influenza is caused by an influenza virus that is new to people.*

- Seasonal flu is caused by viruses that are already among people.
- Pandemic influenza may begin with an existing influenza virus that has changed.
- Fewer people would be immune to a new influenza virus.

*The timing of an influenza pandemic is difficult to predict.*

- Seasonal flu occurs every year, usually during winter.
- Pandemic influenza has happened about 30 times in recorded history.
- An influenza pandemic could last longer than the typical flu season.

*An influenza pandemic is likely to be more severe than seasonal flu.*

- Pandemic influenza is likely to affect more people than seasonal flu.
- Pandemic influenza could severely affect a broader set of the population, including young adults.
- A severe pandemic could change daily life for a time, including limitations on travel and public gatherings.

## **102. Have there been influenza pandemics before?**

*Influenza pandemics have occurred throughout recorded history.*

- About 30 influenza pandemics have been recorded.
- There were three influenza pandemics in the last century.
- The most recent influenza pandemic was Hong Kong Influenza in 1968-69.

*The severity of influenza pandemics has varied.*

- The 1918 pandemic killed tens of millions of people worldwide.
- Deaths from the 1968-69 Pandemic were about the same as for seasonal influenza.
- Severe pandemics can have severe adverse effects on the economy and daily life.

*It is difficult to predict how the next influenza pandemic will compare to the past.*

- The severity of a pandemic influenza will depend on the virus that causes it.
- Increased travel and greater populations could speed the spread of pandemic influenza.
- Better detection and medical treatments could lessen the effects of an influenza pandemic.

**103. What are the chances there will be pandemic influenza again?**

*Pandemic influenza will occur again.*

- It is difficult to predict when the next pandemic will occur and how severe it will be.
- Influenza viruses are always changing.
- Occasionally a new virus emerges that can spread easily among humans.

*Scientists are concerned that “bird flu” (H5N1 avian influenza) in Asia could change, causing pandemic influenza.*

- The virus is spreading to birds and other animals in new regions.
- The virus has infected some people, causing severe illness and death.
- In rare cases the virus has spread from one person to another.

*The United States and other countries are preparing to respond to pandemic influenza.*

- The Department of Health and Human Services and others are developing supplies of vaccines and medicines.
- The US has been working with the World Health Organization and other countries to strengthen detection and response to outbreaks.
- Preparedness efforts are ongoing at the national, state, and local level.

## **104. How much warning will we have in the U.S. if a pandemic starts?**

*Warning time will depend on where the new virus starts.*

- New influenza viruses often originate in Asia.
- Many experts believe that the worst recorded outbreak of pandemic influenza – the 1918 pandemic – started in the United States.
- The US is working with the World Health Organization and other countries to strengthen detection and tracking of new influenza viruses.

*Warning time will depend on how soon the virus is identified.*

- Pandemic influenza is caused by an influenza virus that is new to people.
- Many viruses circulate in animals, but don't cause disease in most humans
- The virus must spread easily among people to become pandemic influenza

*The effectiveness of control measures will depend on where the new virus starts.*

- If the new virus starts in Asia, limitations on travel, such as those used for SARS, may delay entry into the U.S.
- It is unlikely that control measures will prevent pandemic influenza from entering the U.S.
- Preparing now can limit the spread and effects of pandemic influenza.

## **105. How fast would pandemic influenza spread?**

*When pandemic influenza begins, it is likely to spread very rapidly.*

- Influenza is a contagious disease of the lungs.
- Influenza usually spreads by infected people coughing and sneezing.
- Most people will have little or no immunity to pandemic influenza.

*Efforts to prepare for pandemic influenza are continuing.*

- Public health officials are building on existing disease outbreak plans, including those developed for SARS.
- Researchers are working to produce additional vaccine more quickly.
- Countries are working together to improve detection and tracking of influenza viruses.

*Public participation and cooperation will be important to the response effort.*

- Severe pandemic influenza could produce changes in daily life, including limits on travel and public gatherings.
- Informed public participation and cooperation will help public health efforts.
- People should stay informed about pandemic influenza and be prepared as they would for any emergency.

**106. How many people are likely to get sick in a pandemic? How many will die?**

*The consequences of pandemic influenza are difficult to predict.*

- Pandemic influenza has occurred three times in the last century.
- The most recent, in 1967, was the mildest.
- The most serious was the 1918 pandemic, which killed tens of millions of people worldwide.

*During a pandemic many people will be infected.*

- One-third of the people in the U.S. got sick during the 1918 pandemic.
- Historically, most people who get sick will recover.
- Having many people ill can be highly disruptive to daily life.

*In general, some people are at greater risk for illness and death.*

- People who already have a health problem are often at higher risk.
- People with weakened immune systems (for example transplant patients) are likely to be at higher risk.
- Older people tend to be at higher risk from certain diseases.

**107. Will this be like Swine Flu in 1976, when many people were vaccinated, then the disease didn't appear?**

*Scientists are confident that an outbreak of pandemic influenza will occur again.*

- Influenza pandemics have occurred over 30 times in recorded history.
- There were three influenza pandemics in the last century.
- The 1918 pandemic, the worst, killed tens of millions of people worldwide.

*The timing and consequences of pandemic influenza are difficult to predict.*

- Scientists are uncertain when pandemic influenza will occur and how severe it will be.
- Influenza viruses are always changing.
- Occasionally a new influenza virus emerges or an old one re-emerges that can spread easily.

*Preparing now can limit the effects of pandemic influenza.*

- The World Health Organization, the U.S. Department of Health and Human Services, and countries throughout the world have developed emergency plans for a pandemic influenza.
- Informed public participation and cooperation will be needed for public health efforts.
- Individuals should stay informed about pandemic influenza and prepare as they would for any emergency.

## **108. How worried should people be about pandemic influenza?**

*Preparing and staying informed are the best responses now.*

- Right now, there is no pandemic influenza in the U.S. or the world.
- Preparing now can limit the effects of pandemic influenza.
- You can stay informed through [www.pandemicflu.gov](http://www.pandemicflu.gov).

*The United States and other countries are preparing to respond to pandemic influenza.*

- The Department of Health and Human Services and others are developing supplies of vaccines and medicines.
- The US is working with the World Health Organization and other countries to strengthen monitoring and response to outbreaks.
- Preparedness efforts are on-going at the national, state, and local level.

*Individuals, communities, and businesses can prepare.*

- Individuals should stay informed about pandemic influenza and prepare as they would for any emergency.
- Businesses should prepare or review their emergency plans.
- Communities should prepare as for other public health emergencies.

**109. Could terrorists make and spread an influenza virus for a pandemic?**

*Experts believe it highly unlikely that pandemic influenza could result from terrorism.*

- Experts believe that other types of terrorist activities, such as bombings, are more likely.
- Developing a pandemic influenza virus would require extraordinary scientific skill.
- Developing a pandemic influenza virus would require sophisticated scientific equipment and other resources.

*Preparing now can limit the effects of pandemic influenza – regardless of the source.*

- Individuals should stay informed about pandemic influenza and prepare as they would for any emergency.
- Businesses should prepare or review their emergency response plans.
- Communities should prepare as for other public health emergencies.

*Public health agencies throughout the world are preparing for pandemic influenza – regardless of the source.*

- The World Health Organization, the US Department of Health and Human Services, and countries throughout the world are building on existing plans, including those developed for SARS.
- Researchers are working to produce more vaccine more quickly.
- A coordinated international effort is underway to improve detection and tracking of influenza viruses.

**110. If pandemic influenza comes into the United States, who is likely to get it first?**

*When pandemic influenza begins, it is likely to spread very rapidly.*

- Influenza is a contagious disease of the lungs.
- Influenza usually spreads by infected people coughing and sneezing.
- Most people will have little or no immunity to pandemic influenza.

*Federal, state, and local governments are preparing for pandemic influenza.*

- Systems for early detection and containment have been improved.
- Researchers are working to produce additional vaccine more quickly.
- Pandemic influenza could still have serious effects on society.

*Individuals should stay informed and prepare as they would for any emergency.*

- Right now, there is no pandemic influenza in the U.S. or the world.
- Because of bird flu in Asia, travelers to this area should be careful.
- People can stay informed about pandemic influenza at <http://www.pandemicflu.gov>

## **111. What should the public know about pandemic influenza now?**

*Pandemic influenza is a global outbreak caused by a new influenza virus.*

- The virus may spread easily, possibly causing serious illness and death.
- Because so many people are at risk, serious consequences are possible.
- Historically, pandemic influenza has caused widespread harm.

*Scientists are confident that an outbreak of pandemic influenza will occur again.*

- There have been three influenza pandemics in the last century, including an outbreak in 1918 that killed tens of millions of people worldwide.
- Scientists are uncertain when a new pandemic will occur and how severe it may be.
- Influenza viruses are always changing: new influenza viruses emerge or old ones re-emerge that can spread easily.

*Preparing now can limit the effects of pandemic influenza.*

- The World Health Organization, the US Department of Health and Human Services, and countries throughout the world are building on existing disease outbreak plans, including those developed for SARS.
- A coordinated international effort is underway to develop vaccines and improve the detection and tracking of influenza viruses.
- Individuals should stay informed about pandemic influenza and prepare as they would for any emergency.

## **112. What should people to do if there is an outbreak of pandemic influenza?**

*People should stay informed about prevention and control actions.*

- Public health officials will share information about prevention and control actions.
- Information about prevention and control actions will be shared in a variety of ways, including through the CDC Hotline and [www.pandemicflu.gov](http://www.pandemicflu.gov)
- Informed public participation and cooperation will be needed for public health efforts.

*People should use information about prevention and control actions to care for themselves and their loved ones.*

- Public health officials will provide information on the signs and symptoms of the specific disease.
- People should practice good health habits, including eating a balanced diet and getting sufficient rest.
- People should discuss individual health concerns with their health care provider, health department, or other trusted sources.

*People should take common-sense actions to keep from spreading germs.*

- People should cover their coughs and sneezes, and wash their hands frequently.
- People should stay away from sick people as much as possible.
- If you are sick, you should stay away from others as much as possible.

### **113. How do new influenza viruses come about?**

*Influenza viruses are always changing.*

- Changes can occur whenever the virus reproduces.
- The virus reproduces in those who have influenza.
- The changes can affect how the disease works in the body.

*The most common changes are small changes called “drift.”*

- Drift is why influenza vaccine is changed every year.
- Scientists are always tracking these changes in influenza viruses.
- Drift usually result in an influenza to which some people have immunity.

*Occasionally, large changes occur that produce a pandemic influenza.*

- Major changes are called “shift” and can result in a new type of influenza virus.
- Shift can result in the re-emergence of an old type of influenza virus.
- Shift is the type of change most likely to cause pandemic influenza.

**114. Will people with strong immune systems be immune to pandemic influenza?**

*Almost no one will be immune to a pandemic influenza virus.*

- Pandemic influenza comes from a virus that is new to people.
- Immunity to a virus can come from vaccination.
- People who recover from the disease will be immune to it.

*During a pandemic many people will be infected.*

- One-third of the people in the United States got sick during the 1918 pandemic.
- Historically, most people who get sick recover.
- Having many people ill can greatly disrupt daily life.

*Preparing and staying informed are the best responses now.*

- Right now, there is no pandemic influenza in the United States, or the world.
- Preparing now can limit the effects of pandemic influenza.
- You can stay informed through [www.pandemicflu.gov](http://www.pandemicflu.gov).

**115. Is everyone at the same risk of illness or death from pandemic influenza?**

*The severity of pandemic influenza will depend on the virus that causes it.*

- The United States is working with the World Health Organization and other countries to strengthen detection and tracking of new influenza viruses.
- Antiviral medicines can be used to treat influenza.
- A vaccine for a specific virus can make people immune to that virus.

*In general, some people are at greater risk for illness and death.*

- People who already have a health problem are often at higher risk.
- People with weakened immune systems (for example transplant patients) are likely to be at higher risk.
- Older people, young children and pregnant women tend to be at higher risk of certain diseases.

*Preparing and staying informed are the best responses now.*

- Right now, there is no pandemic influenza in the United States or the world.
- Preparing now can limit the effects of pandemic influenza.
- You can stay informed through [www.pandemicflu.gov](http://www.pandemicflu.gov).

**Preparedness (200 series)**

- 200. Is the United States prepared for an influenza pandemic?
- 201. Are state and local governments prepared for pandemic influenza?
- 202. Who else should be preparing for pandemic influenza?
- 203. What is the U.S. Department of Health and Human Services (HHS) doing to prepare for pandemic influenza?
- 204. What can businesses do to prepare for pandemic influenza?
- 205. What can communities do to prepare for pandemic influenza?
- 206. What can individuals do to prepare for pandemic influenza?
- 207. Why aren't more resources being invested in preparing for pandemic influenza?

## **200. Is the United States prepared for an influenza pandemic?**

### *Steps have already been taken to prepare.*

- Federal, state, and local governments have plans.
- The U.S. has started storing test vaccine and medicine.
- The U.S. is working with the World Health Organization and other countries to strengthen monitoring and response.

### *Efforts to prepare for pandemic influenza are continuing.*

- Public health officials are building on experience, such as from SARS and Hurricane Katrina.
- Researchers are working to produce additional vaccine more quickly.
- There are international efforts to improve worldwide monitoring of influenza viruses.

### *Public participation and cooperation will be important to the response effort.*

- In a pandemic, travel and public gatherings could be limited.
- Other emergency measures, such as quarantine, might be needed.
- People can stay informed and be prepared as they would for any other emergency.

**201. Are state and local governments prepared for pandemic influenza?**

*State and local governments are preparing for pandemic influenza.*

- State and local governments have plans for various emergencies (for example, snow storms and earthquakes).
- State and local governments are developing, improving, and testing their plans for pandemic influenza.
- The U.S. Department of Health and Human Services, and other federal agencies are providing funding, advice, and other support.

*An influenza pandemic could still have serious effects.*

- Vaccine might be in limited supply in the early stages of pandemic influenza.
- Hospitals are likely to be overwhelmed.
- Other public health measures might be required such as limiting travel and public events.

*Public health officials already have some systems to help be ready for pandemic influenza.*

- Vaccines for H5N1 and drugs to treat infection have been stockpiled.
- There are several systems for rapidly sharing emergency health information.
- A worldwide network of laboratories is in place to detect and track influenza viruses.

## **202. Who else should be preparing for pandemic influenza?**

*By preparing now the people can help protect themselves and their families later.*

- Keep a supply of essential supplies at home (such as food, water, medicine) as for any emergency.
- People can volunteer with local organizations to help in emergency response.
- People should stay informed about pandemic influenza through 1-800-CDC-INFO or [www.pandemicflu.gov](http://www.pandemicflu.gov)

*As in other emergencies, pandemic influenza could affect everyday life.*

- Schools and businesses might be closed during pandemic influenza.
- Travel could be limited during a pandemic.
- There may be spot shortages during an influenza pandemic...

*Many types of organizations are also preparing for pandemic influenza.*

- Hospitals are planning how to deal with many sick people in a pandemic.
- Non-Government Organizations (for example the Red Cross) are planning their response to pandemic influenza.
- Businesses are making or improving plans to continue operations in an emergency.

**203. What is the U.S. Department of Health and Human Services (HHS) doing to prepare for pandemic influenza?**

*HHS is developing a public health plan for pandemic influenza.*

- The HHS Pandemic Influenza Strategic Plan describes a coordinated public health program for preparation and response.
- The Plan draws from experience with other public health events (for example, SARS).
- The Plan provides information to help guide national, state, and local preparedness and response.

*HHS is working with researchers and other health organizations to prepare for pandemic influenza.*

- HHS has been working with the World Health Organization and other countries to strengthen detection, tracking, and response to influenza.
- HHS is working with researchers and companies on ways to produce more vaccine more quickly.
- HHS is working with organizations (for example, hospitals) to increase their ability to respond to pandemic influenza.

*HHS is working with other Federal Departments to develop a Federal Plan.*

- Other Departments are examining how a pandemic will affect their sectors.
- Communities are being encouraged to develop plans for continuity services during a pandemic.
- Discussions are ongoing regarding how to best use limited supplies of medicine.

## **204. What can businesses do to prepare for pandemic influenza?**

*Determine your business's risks from pandemic influenza and develop an emergency response plan.*

- Consider what challenges you might face in a pandemic and how to address them.
- Identify essential functions and personnel needed to keep your business running.
- Work with your medical advisor on ways to protect employees.

*Learn about community resources that can help in a pandemic.*

- State and local health departments can help identify resources.
- Trade associations and employee groups may have helpful information.
- Government information sources can help (see Internet site, below).

*Time invested in preparation can protect your company's future.*

- Identify and plan for challenges to essential functions and personnel.
- Develop a plan to maintain operations during an influenza pandemic.
- Work to minimize disruption to you and your customers.

## **205. What can communities do to prepare for pandemic influenza?**

*Communities can assess the resources they have to meet the challenges of pandemic influenza.*

- Planning for pandemic influenza can be built on existing emergency plans.
- Communities should consider all the partners that might be able to help in a pandemic.
- Communities should plan to ensure the delivery of basic services without outside help.

*Communities should identify their special needs and unique features.*

- They can develop a list of resources and groups that might be at higher risk during pandemic influenza.
- Communities can identify possible barriers to communication
- Communities should consider their unique features that may affect how they respond.

*Communities should coordinate and test plans for pandemic influenza.*

- Communities should coordinate their plans with state and federal pandemic influenza plans.
- Planning should prepare to provide care for a large number of people during a pandemic.
- Plans should be tested and corrected to improve response to pandemic influenza.

## **206. What can individuals do to prepare for pandemic influenza?**

*Preparing and staying informed about pandemic influenza are the best responses now.*

- Right now, there is no pandemic influenza in the U.S. or the world.
- Preparing now can limit the effects of pandemic influenza.
- You can stay informed through the Internet and other sources (See “For more Information”, below.).

*If pandemic influenza starts, public health officials will provide more specific information.*

- More information will become available as the circumstances of the pandemic become known.
- Vaccine might be in short supply in the early stages of an influenza pandemic.
- People should anticipate that daily life could change for a while, such as school closings and travel limitations.

*People preparing now for pandemic influenza can help protect themselves and their families later.*

- Keep a supply of essential supplies at home, such as food, water, medicine and a thermometer.
- People can volunteer with local organizations to help with emergency response.
- Prepare as you would for any emergency that affects large segments of society, such as an earthquake or blizzard.

**207. Why aren't more resources being invested in preparing for pandemic influenza?**

*Funding to prepare for pandemic influenza has increased considerably.*

- The US has been working with the World Health Organization and other countries to strengthen detection and response to outbreaks of influenza.
- There is funding to increase the amount of antiviral medicines set aside for emergencies.
- Research is in progress on how to make more vaccine more quickly.

*Efforts for other public health issues help preparations for pandemic influenza.*

- Resources devoted to being prepared for terrorist attacks helps prepare for pandemic influenza.
- Preparation for other diseases helps prepare for pandemic influenza.
- Lessons from natural disasters can be used in preparing for pandemic influenza.

*The U.S. is better prepared each day for pandemic influenza.*

- The Department of Health and Human Services and others are preparing for pandemic influenza.
- State and local governments are preparing for pandemic influenza.
- The World Health Organization and many countries are working together.

**H5N1 Avian Influenza (300 series)**

- 300. What is bird flu (H5N1 Avian Influenza)?
- 301. How many people have gotten bird flu (H5N1 Avian Influenza)? How many have died?
- 302. Why are public health officials preparing for pandemic influenza?
- 303. If bird flu (H5N1 Avian Influenza) becomes pandemic, what will happen?
- 304. What is being done to keep bird flu (H5N1 Avian Influenza) from becoming a pandemic disease?
- 305. How does bird flu (H5N1 Avian Influenza) get from birds to humans?
- 306. How easily does bird flu (H5N1 Avian Influenza) spread from human to human?
- 307. Given concerns about bird flu, is it safe to buy and eat chicken and duck in the U.S.?
- 308. What advice would you give someone traveling to Southeast Asia?
- 309. What are the symptoms of bird flu (H5N1 Avian Influenza) in people?
- 310. Why is bird flu (H5N1 Avian Influenza) so deadly?
- 311. How can infection with bird flu (H5N1 Avian Influenza) be prevented?
- 312. How are patients with bird flu (H5N1 Avian Influenza) treated?
- 313. Is there a test that can tell if someone has bird flu (H5N1 avian influenza)?

### **300. What is bird flu (H5N1 Avian Influenza)?**

*Bird flu is a disease of wild and domesticated birds.*

- This type of influenza can also infect other animals and people.
- Since the 1990s, bird flu outbreaks have occurred in eastern Asia.
- The virus is spreading to birds and other animals in new regions.

*This virus has infected some people.*

- Although rare, human cases have been reported in South East Asia.
- Most human cases probably came from direct contact with infected birds or their droppings.
- More than 100 people have gotten bird flu, and about half of them have died.

*We are watching closely for any person-to-person spread of bird flu.*

- So far there has been limited person-to-person spread.
- We are watching for changes in the virus that could lead to easier spread.
- The US Department of Health and Human Services, and the World Health Organization, and many others are working together.

**301. How many people have gotten bird flu (H5N1 Avian Influenza)? How many have died?**

*More than 100 people, in Asia and Eastern Europe have died from bird flu.*

- About half of the people who got bird flu died.
- Most cases come from contact with infected birds.
- New cases are expected as bird flu occurs in new regions.

*There may be more human cases than have been reported.*

- Disease tracking methods sometimes miss cases.
- To date, most outbreaks of bird flu (H5N1) have occurred in developing countries.
- Mild cases may not be recognized or reported.

*The World Health Organization and many nations are working to improve disease tracking.*

- Resources are being devoted to monitoring and detection.
- Health care workers in Asia are being trained to use test kits.
- Disease experts from many nations are working on this effort.

### **302. Why are public health officials preparing for pandemic influenza?**

*Pandemic influenza can be a serious and prolonged outbreak affecting all aspects of society.*

- Some pandemics caused widespread illness and death, changing day-to-day life.
- The timing and consequences of pandemic influenza can be difficult to predict.
- The 1918 pandemic caused more deaths than World War II.

*Scientists are watching “bird flu” (H5N1 avian influenza) because of its potential to change into pandemic influenza in people.*

- The virus is spreading to animals in new regions.
- The virus has infected some people, causing severe illness and death.
- In rare cases the virus has spread from one person to another.

*Preparing now can limit the effects of pandemic influenza.*

- The World Health Organization and many countries are working together to plan.
- The US Department of Health and Human Services is working with States and communities to prepare.
- Individuals can stay informed and prepare as for any emergency.

**303. If bird flu (H5N1 Avian Influenza) becomes pandemic, what will happen?**

*Pandemic influenza can be a serious worldwide event.*

- Most pandemics cause widespread illness and death,
- The timing and consequences of pandemic influenza can be difficult to predict.
- Because one-third of the population can be sick, there are severe social consequences.

*Public participation and cooperation will be important to the response effort.*

- In a pandemic, travel and public gatherings could be limited.
- Other emergency measures might be needed.
- People should stay informed about pandemic influenza, and prepare as they would for any emergency.

*The United States and other countries are preparing to respond to pandemic influenza.*

- The Department of Health and Human Services and others are developing supplies of potential vaccines and medicines against influenza.
- The US has been working with the World Health Organization and other countries to strengthen detection and response to outbreaks of influenza.
- Preparedness efforts are ongoing at the national, state, and local level.

**304. What is being done to keep bird flu (H5N1 Avian Influenza) from becoming a pandemic disease?**

*We are watching closely for any person-to-person spread of bird flu.*

- So far there has been limited person-to-person spread of bird flu worldwide.
- We are watching for changes in the virus that could lead to easier spread between people.
- US Department of Health and Human Services and the World Health Organization, and many others are working together.

*Public health officials already have some systems to help be ready for pandemic influenza.*

- There is a program for fast distribution of vaccines and medicines.
- There are several systems for rapidly sharing emergency health information.
- A worldwide network of laboratories detects and tracks influenza viruses.

*The United States and other countries are preparing to respond to pandemic influenza.*

- The Department of Health and Human Services and others are developing supplies of potential vaccines and medicines.
- The US has been working with the World Health Organization and other countries to strengthen monitoring and response to outbreaks.
- Preparedness efforts are ongoing at the national, state, and local level.

**305. How does bird flu (H5N1 Avian Influenza) get from birds to humans?**

*Bird flu is a disease of wild and farm birds.*

- This type of influenza can also infect other animals and people.
- Since the 1990s, bird flu outbreaks have occurred in Asia and Europe
- We are watching for changes in the bird flu virus that could lead to easier spread between people.
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*Although rare, human cases of bird flu have been reported.*

- All human cases of bird flu have been in Asia and Eastern Europe.
- A few reports are linked to drinking uncooked poultry blood.
- Most human cases probably came from direct contact with infected birds or their droppings.

*There is worldwide coordination to control the spread of bird flu.*

- Flocks are monitored for bird flu.
- Possibly infected birds are kept separate.
- Sick and possibly infected birds are killed.

**306. How easily does bird flu (H5N1 Avian Influenza) spread from human to human?**

*So far bird flu has rarely passed from human to human.*

- Bird flu is a disease of wild and farm birds.
- Most human cases in Asia probably came from direct contact with infected birds or their droppings.
- The few people who got bird flu from other people did not pass it on.

*Scientists are watching bird flu because of its potential to change into pandemic influenza in people.*

- The virus is spreading to animals in new regions.
- The virus has infected some people, causing severe illness and death.
- In rare cases the virus has spread from one person to another.

*We are watching closely for any person-to-person spread of bird flu.*

- So far there has been limited person-to-person spread.
- We are watching for changes in the virus that could lead to easier spread between people.
- The US Department of Health and Human Services and the World Health Organization, and many others are working together.

**307. Given concerns about bird flu, is it safe to buy and eat chicken and duck in the U.S.?**

*It is safe to eat properly cooked poultry in the US .*

- H5N1 (the bird flu from Asia) has not been found in the U.S.
- Cooking destroys germs, including the bird flu virus.
- The U.S. bans imports of poultry from areas with bird flu.

*There is worldwide coordination to control the spread of bird flu.*

- Flocks are monitored for illness.
- Possibly infected birds are kept separate.
- Sick and possibly infected birds are killed.

*As usual, you should take steps to control the spread of germs from poultry.*

- Keeps hands, utensils, and surfaces clean.
- Because of bird flu in Asia, travelers to this area should be careful.
- Fully cook poultry.

**308. What advice would you give someone traveling to Southeast Asia?**

*During travel you should take steps to minimize risk.*

- Avoid contact with chickens and ducks (including droppings and blood).
- Follow good health habits, such as frequent hand-washing.
- Avoid “live markets”, birds farms, and partially cooked bird.

*Before travel take other steps.*

- Check the CDC’s web site (<http://www.cdc.gov>) for travel advisories.
- Be sure your shots are up-to-date and your health insurance covers you overseas.
- Contact the U.S. Consulate there to learn of available health care.

*There are things to do after your travel to Southeast Asia.*

- If you have any illness within 10 days, see your health care provider.
- Tell your health care provider about your travel.
- To date no travelers to Southeast Asia have gotten bird flu.

**309. What are the symptoms of bird flu (H5N1 Avian Influenza) in people?**

*Symptoms of bird flu are like those for other influenza viruses.*

- A high fever that lasts for several days.
- Muscle aches occur and feel worse if they are touched.
- Coughing and shortness of breath are common.

*We are watching closely for any person-to-person spread of bird flu.*

- So far there has been limited person-to-person spread worldwide.
- We are watching for changes in the virus that could lead to easier spread between people.
- The US Department of Health and Human Services and the World Health Organization, and many others are working together.

*So far, all human cases of bird flu have been in Asia and Eastern Europe.*

- Human cases are rare (116 cases have been reported).
- Spread from person to person is very rare.
- Most human cases probably came from direct contact with infected birds or their droppings.

### **310. Why is bird flu (H5N1 Avian Influenza) so deadly?**

*The bird flu virus is new to people and mostly in developing countries.*

- Few people are immune to a new virus.
- All human cases of bird flu in people have occurred in Southeast Asia and Eastern Europe.
- Where bird flu is occurring, people may have less access to health care.

*We are watching closely for any person-to-person spread of bird flu.*

- So far there has been limited person-to-person spread worldwide.
- We are watching for changes in the virus that could lead to easier spread between people.
- The US Department of Health and Human Services, and the World Health Organization, and many others are working together.

*The World Health Organization and many nations are working to improve detection and tracking of influenza viruses.*

- Funding for detection and tracking has been increased.
- Health care workers in Asia are being trained to use kits to test for bird flu.
- Disease experts from many nations are working on this effort.

**311. How can infection with bird flu (H5N1 Avian Influenza) be prevented?**

*So far, all human cases of bird flu have been in Asia and Eastern Europe.*

- Most human cases of bird flu probably came from direct contact with infected birds or their droppings.
- Passing of bird flu from one person to another is very rare.
- Travelers to Southeast Asia should take steps before, during, and after travel.

*We are watching closely for any person-to-person spread of bird flu.*

- So far there has been limited person-to-person spread of bird flu worldwide.
- We are watching for changes in the virus that could lead to easier spread between people.
- The US Department of Health and Human Services and the World Health Organization, and many others are working together.

*The World Health Organization and many nations are working to improve detection and tracking of bird flu.*

- Resources are being devoted to detection and tracking of influenza viruses.
- Health care workers in Asia are being trained to use kits to test for bird flu.
- Disease experts from many nations are working on this effort.

**312. How are patients with bird flu (H5N1 Avian Influenza) treated?**

*Antiviral medicines can help lessen the severity of influenza.*

- Antiviral medicines work against a number of types of viruses.
- Each type of influenza virus must be tested to learn if antiviral medicines work against it.
- So far, research shows that some antiviral medicine works against bird flu

*Antiviral medicines could be important if bird flu becomes widespread in people.*

- The U.S. has a supply of antiviral medicines.
- The U.S. has ordered more to increase its supplies as part of planning for pandemic influenza.
- There is a system to distribute these medicines quickly to where they are needed.

*Bird flu is also treated by supportive care.*

- Supportive care is treatment of the symptoms of a disease (for example, reducing fever).
- Supportive care includes treating other germs if they infect someone sick with bird flu.
- Supportive care includes treating other medical conditions the patient has, such as heart disease.

**313. Is there a test that can tell if someone has bird flu (H5N1 avian influenza)?**

*There is a test for bird flu.*

- Health care workers in Asia are being trained to use kits to test for bird flu.
- Most often diagnosis of bird flu is made by symptoms a patient has.
- Laboratories worldwide work to detect and track bird flu.

*For now, only selected people with symptoms are tested for bird flu.*

- Usually they are from areas where there is bird flu (Asia).
- Usually they are people with direct contact with birds.
- Some other people and animals are tested to see if bird flu is spreading.

*The World Health Organization and many nations are working to improve the detection and tracking of bird flu.*

- Funding for detection and tracking bird flu has been increased.
- Health care workers in Asia are being trained to use kits to test for bird flu.
- Disease experts from many nations are working on this effort.

**Antiviral Medications (400 series)**

- 401. Are there medicines other than vaccines that can be used to respond to pandemic influenza?
- 402. How will antiviral medicines be used during an influenza pandemic?
- 403. How well will antiviral medicines work against pandemic influenza?
- 404. How much antiviral medicine is currently available?
- 405. Should individuals get antiviral medicines and keep them in case of pandemic influenza?
- 406. How would antiviral medicines be dispensed in an emergency?
- 407. Will non-citizens in the United States get medications in an emergency?
- 408. If pandemic influenza occurs and there is not enough antiviral medicine, who will get it?
- 409. Oseltamivir (Tamiflu) is an important antiviral medicine, but only one company makes it. Will the United States be able to get enough?

**401. Are there medicines other than vaccines that can be used to respond to pandemic influenza?**

*Doctors have ways to treat influenza, including antiviral medicines.*

- Antiviral medicines can be used to lessen the severity of influenza symptoms.
- Antiviral medicines can be used to lessen the risk of getting influenza.
- Antiviral medicines can be used to make infected people less contagious.

*During pandemic influenza, antiviral medicines will be used mostly to treat people who have influenza.*

- Antiviral medicines will be used along with other methods to treat people with influenza.
- Healthcare workers will prescribe antiviral medicines if they are the best method for treatment.
- Antiviral medicines are most useful when given soon after symptoms begin.

*The federal government is increasing its supply of antiviral medicines.*

- Right now, there are enough antiviral medicines in the national stockpile to treat 2.2 million people.
- More antiviral medicines have been ordered for the national stockpile.
- The national goal is to have enough antiviral medicines to respond to major outbreaks.

## **402. How will antiviral medicines be used during an influenza pandemic?**

*During a pandemic, antiviral medicines will be used mainly to treat people who have influenza.*

- Antiviral medicines can be used to lessen the severity of influenza symptoms.
- Antiviral medicines can be used to make infected people less contagious.
- Antiviral medicines are most useful when given soon after symptoms begin.

*Antiviral medicines can be used to help contain small outbreaks of pandemic influenza.*

- Antiviral medicines are most helpful when used in small, well-defined settings.
- Antiviral medicines will be given first to those living in places experiencing an outbreak.
- In response to a major outbreak, antiviral medicines will be used along with other methods to reduce or prevent spread of influenza.

*Antiviral medicines can be used to prevent influenza among those exposed to the disease.*

- Antiviral medicines may be given to those in close contact with influenza patients.
- Close contacts could include family members and health care workers.
- Antiviral medicines may be given to those who traveled or worked with an infected person.

**403. How well will antiviral medicines work against pandemic influenza?**

*Antiviral medicines have helped people with different kinds of flu get better.*

- Antiviral medicines have helped treat and prevent influenza for many years.
- Tamiflu and Relenza are two well-known brands of antiviral medicines.
- Antiviral medicines keep viruses from reproducing in the body.

*Antiviral medicines usually work for people with bird flu.*

- Antiviral medicines have been effective in treating humans with bird flu.
- There have been reported cases where a person with bird flu did not respond to antiviral medicines.
- Not all antiviral medicines are effective against all strains of influenza.

*Testing must continue, because influenza viruses change all the time.*

- Pandemic influenza is caused by an influenza virus that is new to people.
- The United States is working with the World Health Organization and other countries to strengthen detection and tracking of new influenza viruses.
- The United States and other countries continue testing antiviral medicines against influenza viruses.

#### **404. How much antiviral medicine is currently available?**

*Right now, the national supply has enough antiviral medicines to treat 2.2 million people.*

- The national stockpile of antiviral medicines will be used mainly to treat people with influenza.
- The national stockpile may be used to stop the spread of influenza from infected persons to others.
- The stockpile may also be used to help contain small outbreaks.

*The federal government is increasing its supply of antiviral medicines.*

- The national plan set up a schedule for increasing the stockpile of antiviral medicines. (<http://www.hhs.gov/pandemicflu/plan/>).
- The national plan is a joint effort of producers and buyers of antiviral medicines. (<http://www.hhs.gov/pandemicflu/plan/>)
- The government and industry are working together to build supplies of antiviral medicines.

*The national goal is to have enough antiviral medicines to respond to major outbreaks.*

- Antiviral medicine use may decrease the number of hospital stays for influenza patients by half.
- Two of the most effective antiviral medicines today are Tamiflu and Relenza.
- Scientists are working to make new antiviral medicines.

**405. Should individuals get antiviral medicines and keep them in case of pandemic influenza?**

*The supply of antiviral medicines is limited.*

- Antiviral medicines are given out only by prescription.
- Few companies make antiviral medicines.
- Usually, drug stores have only a small supply on hand.

*There are risks in keeping antiviral medicines at home.*

- Antiviral medicines should be taken under the care of a doctor -- there can be serious side effects.
- Like any medicine, some people can use antiviral medicines and others should not, because the medicine may harm them.
- Antiviral medicines may not work well if stored improperly.

*Preparing and staying informed are the best responses now.*

- Right now, there is no pandemic influenza in the United States or the world.
- Preparing now can limit the effects of pandemic influenza.
- You can stay informed through <http://www.pandemicflu.gov>.

**406. How would antiviral medicines be dispensed in an emergency?**

*Local, state, and federal health agencies have plans for giving out medicines in an emergency.*

- Plans for giving out medicines in an emergency involve government, the Red Cross, and other local groups.
- Plans tell how medicines will be given to the public in different types of emergencies.
- Plans guide us on how to meet the needs of daily life in an emergency; such as getting food, water, and medicine to people who need it.

*Plans for giving out medicines are being tested and improved.*

- Cities, states, and the nation have exercises to test their plans.
- Plans get updated based on research and exercises.
- Plans are also updated when new things are learned from real disasters.

*Plans for giving out medicines in an emergency emphasize local needs and resources.*

- Plans for giving out medicines in an emergency include how to handle those with special needs.
- Plans list the available resources that can help give out medicines in an emergency.
- To learn more about the plans in your area, contact your local health department.

**407. Will non-citizens in the United States get medications in an emergency?**

*Pandemic influenza would affect all people regardless of citizenship.*

- The response to pandemic influenza must address the needs of citizens and non-citizens alike.
- Health professionals have an ethical obligation to treat the sick.
- Local health agencies will have information on where to get treatment.

*The needs of all people must be addressed in the response to pandemic influenza.*

- People who have been exposed to an infectious disease might not know it.
- People may have an infectious disease without showing symptoms.
- People with influenza can spread the disease even if they have no symptoms.

*If pandemic influenza occurs, we must all work together.*

- A national response to pandemic influenza will require the cooperation of everyone.
- People here must be treated alike, wherever they are from.
- America wants to continue its tradition of helping those in need.

**408. If pandemic influenza occurs and there is not enough antiviral medicine, who will get it?**

*Many people are contributing to a national pandemic plan for use of antiviral medicines.*

- Doctors, scientists, and influenza experts have focused attention on these issues.
- People across the country have shared their thoughts at community meetings.
- The HHS Pandemic Influenza Plan describes the plan for using antiviral medicines (<http://www.hhs.gov/pandemicflu/plan/>).

*Local, state, and national health agencies have plans for giving out medicines in an emergency.*

- Plans for giving out medicines in an emergency involve government, the Red Cross, and other local groups.
- Plans tell how medicines will be given to the public in different kinds of emergencies.
- Plans guide us on how to meet the needs of daily life in an emergency; such as getting food, water, and medicine to people who need it.

*Three uses of antiviral medicines are suggested in the national plan.*

- The national stockpile of medicines will be used mainly to treat people with influenza.
- The national stockpile may be used to stop the spread of influenza from infected persons to others.
- The stockpile may also be used to help contain small outbreaks.

**409. Oseltamivir (Tamiflu) is an important antiviral medicine, but only one company makes it. Will the United States be able to get enough?**

*It is difficult to predict how much antiviral medicine will be needed.*

- It is difficult to predict when the next pandemic will occur.
- The value of using antiviral medicines depends on what virus causes the next pandemic.
- It is difficult to predict how severe the next influenza pandemic will be.

*The federal government is increasing its supply of antiviral medicines.*

- The national plan set up a schedule for increasing the stockpile of antiviral medicines. (<http://www.hhs.gov/pandemicflu/plan/>).
- The national plan is a joint effort of producers and buyers of antiviral medicines. (<http://www.hhs.gov/pandemicflu/plan/>)
- The government and private sector are working closely to find ways to make antiviral medicines faster.

*The United States has resources to make antiviral medicines.*

- Antiviral medicines other than Tamiflu can be produced in the United States.
- Gilead Laboratories, a United States Company, owns the patent for Tamiflu.
- Scientists in the United States are working to make new antiviral medicines.

*Other countries and factories around the world may be licensed to make Tamiflu.*

- Factories in China and India may make Tamiflu.
- The current maker of Tamiflu, Roche Laboratories, may license other facilities around the world to make it.
- Many countries are sharing resources to increase the supply of Tamiflu.

**Vaccines (500 series)**

- 500. Can a vaccine be made to protect against pandemic influenza?
- 501. How long will it take to make enough pandemic influenza vaccine for everyone in the U.S.?
- 502. Who decides who will get vaccine and who will not and how do they decide?
- 503. Is anyone making vaccine against bird flu (H5N1 Avian Influenza)?
- 504. How safe will a pandemic influenza vaccine be?
- 505. How will vaccine be distributed quickly if a pandemic breaks out?
- 506. Should people get vaccinated now?

**500. Can a vaccine be made to protect against pandemic influenza?**

*We will need a vaccine for the specific pandemic influenza virus.*

- Influenza viruses are changing all the time.
- Pandemic influenza is likely to be caused by a virus that is new to people.
- It is difficult to make large amounts of vaccine without knowing the exact pandemic influenza virus.

*In a pandemic, the goal would be to vaccinate everyone.*

- Vaccine might be in limited supply in the early stages of pandemic influenza.
- People who perform essential society services (for example, health care providers and police) will likely be the first vaccinated.
- Other groups will be identified for vaccination based on the pandemic.

*Potential vaccines are already being made and tested against likely viruses.*

- Researchers are making and testing small amounts of possible vaccines.
- Influenza viruses are being monitored for changes that would affect vaccine production.
- Research is underway on methods to make more vaccine more quickly.

**501. How long will it take to make enough pandemic influenza vaccine for everyone in the U.S.?**

*The goal is to have enough vaccine for everyone.*

- Supplies might be limited early in a pandemic.
- Researchers are working on ways to make vaccine more quickly.
- The U.S. is working to have more producers of vaccine.

*Today, it could take a year to produce enough vaccine for the U.S.*

- The exact pandemic influenza virus cannot be identified before a pandemic.
- Current techniques require months to make and test vaccines.
- Currently there are only two U.S. producers of influenza-vaccine.

*We are preparing for early limits on vaccine availability.*

- Medical experts and the public are recommending how best to use limited supplies.
- People who perform essential day-to-day services (for example, health care workers and police) will likely be among the first vaccinated.
- Other groups will be identified for vaccination based on the details of the pandemic.

**502. Who decides who will get vaccine and who will not and how do they decide?**

*Scientific and public groups made recommendations about who will get vaccine first in a pandemic.*

- Medical experts used their knowledge and experience to make recommendations.
- Groups of community members reviewed those recommendations.
- The recommendations will be provided to the President.

*Fairness in vaccine use during a pandemic is important.*

- Protecting people at high risk is an important consideration.
- Protecting essential day-to-day services, such as electricity and water, is an important consideration.
- Decisions regarding use of vaccine have been discussed by the public and medical experts.

*People can help protect themselves and others during pandemic influenza.*

- Frequent hand-washing can limit the passing of germs.
- Covering coughs and sneezes can limit the spread of germs.
- Staying home when you are sick helps protect others.

**503. Is anyone making vaccine against bird flu (H5N1 Avian Influenza)?**

*Small amounts of vaccine against bird flu are being made and tested.*

- Other possible vaccines are also being made and tested to see if they work against bird flu.
- Influenza viruses are being monitored for changes that would affect vaccine production.
- Research is underway on methods to make more vaccine more quickly.

*There are challenges with making vaccines that need to be overcome.*

- With current methods, it takes months to produce a batch of influenza vaccine.
- There are a limited number of companies that make influenza vaccine.
- It is difficult to make large amounts of vaccine without knowing the exact pandemic influenza virus.

*The goal is to have enough vaccine for everyone in a pandemic.*

- The U.S. is working to have more producers of influenza vaccine.
- Research is underway on methods to make additional vaccine more quickly.
- There are international efforts to improve worldwide detection and tracking of influenza viruses.

**504. How safe will a pandemic influenza vaccine be?**

*The U.S. and others have experience in making safe and effective influenza vaccines.*

- Influenza vaccine cannot give someone influenza.
- The most common side effects are sore arm and redness.
- Most people who get vaccinated for annual influenza have no side effects.

*Before being used, new vaccines pass many safety tests.*

- Safety tests are conducted at each step in development.
- Safety standards are very high.
- The Food and Drug Administration and panels of experts review safety findings before approving vaccines.

*Vaccines being used continue to be monitored for safety.*

- There is a system in place for monitoring vaccine use.
- This monitoring helps identify rare adverse events.
- Vaccines against a pandemic would have to meet existing safety requirements.

**505. How will vaccine be distributed quickly if a pandemic breaks out?**

*Most likely, the federal government will direct shipments of influenza vaccine to the states.*

- States are developing and improving plans to distribute a vaccine rapidly.
- These plans build on experience from other emergencies.
- An important part of this planning is to keep the public informed.

*Influenza vaccine makers already distribute vaccine.*

- Millions of doses of influenza vaccine are shipped every year.
- During past shortages, vaccine makers have responded to urgent situations.
- Informing the public of changes as events develop is important.

*Other systems are already in place.*

- The Strategic National Stockpile (SNS) is designed to get medical supplies and equipment quickly anywhere in the country.
- States have plans for distributing medicines and vaccines from the SNS.
- Informing the public of where to go for vaccine is part of states' plans.

## **506. Should people get vaccinated now?**

*People need not and cannot be vaccinated against pandemic influenza now.*

- There is currently no pandemic influenza in the world.
- Test vaccines have been developed but will not be used until a pandemic is imminent
- Preparing and staying informed are the best responses now.

*Vaccination will be an important tool if pandemic influenza breaks out.*

- Researchers are making and testing small amounts of possible vaccines.
- Influenza viruses are being detected and tracked for changes that would affect vaccine production.
- Research is underway on methods to make more vaccine more quickly.

*Getting a yearly “flu shot” for seasonal flu is recommended for many.*

- Vaccination is recommended for the young, the old, and people they live with.
- Vaccination is recommended for health care workers.
- Vaccination is recommended for those with other health problems such as heart disease.

**Response (600 series)**

- 601. How will you know if a pandemic has started?
- 602. What is quarantine?
- 603. What is isolation?
- 604. Where are people quarantined and isolated?
- 605. Why do you believe that quarantine and isolation will be effective in limiting the spread of pandemic influenza?
- 606. Who would be in charge of responding to pandemic influenza?
- 607. What is expected from the media regarding pandemic influenza?
- 608. What is different between 1918 and now that suggests pandemic influenza might go differently?
- 609. During an influenza pandemic, what will you recommend that people do if they show symptoms of influenza?

**601. How will you know if a pandemic has started?**

*The first sign of pandemic influenza will be the appearance of a new or rarely seen influenza virus.*

- Laboratories in many countries are watching for new influenza viruses.
- Bird and animal populations are being constantly tested.
- Doctors and scientists are on alert worldwide.

*This new influenza virus will spread quickly among people.*

- The new influenza virus will spread as easily as normal seasonal flu.
- International travel may speed up the spread of pandemic influenza.
- Because the virus will be new, people will not be immune to it.

*Outbreaks of pandemic influenza may occur in different places at different times.*

- Outbreaks may occur in waves of 6-8 week time periods.
- These waves of influenza may occur over several months or years.
- Different people may be affected during each wave.

## **602. What is quarantine?**

*Quarantine is a method used to stop or limit the spread of disease.*

- Quarantine is one of the first actions taken by health officials in response to an outbreak of infectious disease.
- Quarantine during pandemic influenza may last for as long as ten days.
- Quarantine has been successfully used in the past to prevent the spread of infectious disease.

*Quarantine separates and restricts the movement of people.*

- Quick action by health officials is needed to stop person-to-person spread of a contagious disease.
- Quarantine may be voluntary or involuntary.
- People exposed to the disease but not quarantined may accidentally spread disease to others.

*Quarantine applies to people who have or might have been exposed to an infectious disease.*

- People who have been exposed to an infectious disease might not know it.
- People may have an infectious disease without showing symptoms.
- People with influenza can spread the disease even if they have no symptoms.

### **603. What is isolation?**

*Isolation is a way to limit the spread of disease.*

- Isolation is a standard public health practice for disease control.
- Hospitals have plans that describe how to isolate patients.
- Isolation is a medical decision that can be legally enforced.

*Isolation applies to people known to be infected with a disease.*

- Isolation allows for the delivery of specialized care to infected persons.
- People infected with a disease can spread it to others even if they have no symptoms.
- Isolation helps keep infected people from spreading a disease to others.

*Isolation separates infected people from others.*

- Isolation protects healthy people and caregivers from disease.
- Isolation protects infected people from getting other diseases.
- Isolation protects family and friends of infected people from getting sick.

## **604. Where are people quarantined and isolated?**

*Quarantine and isolation are often done in hospitals and in homes.*

- Quarantine and isolation sites are determined in part by the number of cases.
- Many hospitals have facilities equipped for quarantine and isolation.
- In some circumstances, quarantine and isolation may be done at home.

*Specialized facilities may be needed if large numbers of people are involved.*

- Facilities may be needed to quarantine and isolate many people in many locations.
- Local and state emergency plans identify facilities that can be used for quarantine and isolation.
- The federal government is working with states and cities to identify additional facilities for quarantine and isolation.

*Most communities and hospitals have plans for operating quarantine and isolation facilities during a disease outbreak.*

- Disease control plans describe the equipment needed to do quarantine and isolation.
- These plans describe the supplies needed for quarantine and isolation.
- These plans describe the medicines needed for quarantine and isolation.

**605. Will quarantine and isolation be effective in limiting the spread of pandemic influenza?**

*Quarantine and isolation have been used for hundreds of years to control the spread of disease.*

- Quarantine is one of the first steps taken by health officials in response to a disease outbreak.
- Quick action by health officials is needed to limit person-to-person spread of a contagious disease.
- Quarantine and isolation have helped limit the spread of diseases such as plague and smallpox.

*In the early stages of pandemic influenza, quarantine and isolation may slow the spread of the disease.*

- Slowing the spread of pandemic influenza can reduce demands on hospitals.
- Slowing the spread of pandemic influenza can provide more time for preparation.
- Slowing the spread of pandemic influenza can provide more time for vaccine development.

*Quarantine and isolation will help protect people from pandemic influenza while vaccines are being developed.*

- People who have been infected with pandemic influenza may not know it.
- People infected with pandemic influenza can spread the disease even if they have no symptoms.
- People exposed to the disease but not quarantined may spread disease to others without knowing it.

**606. Who would be in charge of responding to pandemic influenza?**

*The National Incident Management System (NIMS) describes federal responsibilities in an emergency.*

- The NIMS would be used if pandemic influenza occurs.
- A “Lead Federal Official” would be assigned.
- More information on the NIMS can be found at <http://www.dhs.gov/interweb/assetlibrary/NIMS-90-web.pdf>

*The U.S Department of Health and Human Services (HHS) would lead public health efforts during pandemic influenza.*

- HHS would work with the World Health Organization and other countries in response to pandemic influenza.
- HHS would work with many federal agencies in response to pandemic influenza.
- HHS will help state, local, and tribal governments according to their plans.

*Local, state, and tribal officials will lead the response to pandemic influenza in their areas.*

- Local, state, and tribal plans for pandemic influenza are being drafted, tested, and refined.
- Local, state, and tribal officials would work with federal partners to meet their local needs.
- Local, state, and tribal officials would work with the health care system in response to pandemic influenza.

**607. What is expected from the media regarding pandemic influenza?**

*The media will be a vital partner in pandemic influenza planning and response.*

- The media can quickly provide urgent information during an influenza pandemic.
- The public will turn to the media before and during an influenza pandemic.
- The media may provide key information to those leading planning and response efforts.

*Health officials count on the media to be informed about pandemic influenza.*

- Universities are sharing research with the media about pandemic influenza.
- The federal government is making a media guide for pandemic influenza.
- State and local officials are updating local reporters on pandemic influenza.

*Health officials count on the media to provide accurate and timely reports about pandemic influenza.*

- The media can inform the public on current events and what can be expected in regards to pandemic influenza.
- The media can bring attention to pandemic influenza issues.
- The media can inform the public of available services and actions that should be taken.

**608. What is different between 1918 and now that suggests pandemic influenza might go differently?**

*There have been many advances in the detection and tracking of influenza.*

- Diagnosis and patient care has improved since then.
- Antiviral medicines did not exist in 1918 and could help in an influenza pandemic today.
- Influenza vaccines have been developed since 1918 and could help in an influenza pandemic.

*The world's population is denser and global travel is much greater than in 1918.*

- Faster movement of more people could speed the spread of a new influenza virus.
- Economic effects would be felt around the world more quickly than in 1918.
- Population density, especially in major cities, is greater now that it was in 1918, and even remote areas of the globe are more accessible.

*It is difficult to predict how the next influenza pandemic might differ from the past.*

- The severity of pandemic influenza would depend on the virus that causes it.
- Increased travel and greater population could speed the spread of pandemic influenza.
- Better detection and medical treatment could lessen the effects of an influenza pandemic.

**609. During an influenza pandemic, what will you recommend that people do if they show symptoms of influenza?**

*In a pandemic, health officials would advise the public about what they should do.*

- The best actions to take will depend on the specific situation.
- Advice would also change as the pandemic progresses.
- Right now, there is no pandemic influenza in the United States or the world.

*During an influenza pandemic, people could take steps to prevent its spread and to care for themselves and their loved ones.*

- Health officials would describe the signs and symptoms of the specific disease.
- Some steps are as simple as practicing good health habits, including proper hygiene, eating a balanced diet and getting enough rest.
- People should discuss their own health concerns with their doctor, health department, or other trusted sources.

*Preparing and staying informed are the best responses now.*

- Right now, there is no pandemic influenza in the United States or the world.
- Preparing now can limit the effects of pandemic influenza.
- You can stay informed through <http://www.pandemicflu.gov>.

**Mental Health (700 series)**

- 701. What can people do if thinking about pandemic influenza makes them anxious?
- 702. Are there things people can do to help manage worries about pandemic influenza?
- 703. If vaccine and antiviral medicines are both likely to be in short supply, what hopes can people have?

**701. What can people do if thinking about pandemic influenza makes them anxious?**

*People can prepare as they would for any emergency such as an earthquake, hurricane, or blizzard.*

- People should keep their own supply of canned and other non-perishable foods.
- People should keep their own supply of drinking water.
- People should keep their own supply of essential medicines and household goods.

*People can take good care of their physical needs to help their feelings.*

- People can remember that good physical health helps produce good mental health.
- Avoiding increased use of drugs, alcohol, and tobacco can help reduce anxiety.
- Eating a balanced diet, practicing good sleep habits, maintaining normal routines, and getting regular exercise can help reduce anxiety.

*People can address their emotional and spiritual needs to help them be calmer.*

- Recognize and reduce other sources of stress as much as possible.
- Identify and plan for healthy ways to take care of themselves.
- Call on sources of social and spiritual support, such as friends and houses of worship.

**702. Are there things people can do to help manage worries about pandemic influenza?**

*Helping others can reduce our own anxiety.*

- Know your neighbors, especially those who live alone or have health problems.
- Help others get supplies when you are doing your own shopping.
- Help others make plans for getting aid during an influenza pandemic.

*People can stay informed.*

- People should be aware there is no pandemic influenza in the United States or the world at present.
- People can stay informed through the government pandemic influenza web site (<http://www.pandemicflu.gov>)
- People can stay informed through local and national media and other sources.

*People can prepare as they would for any emergency such as an earthquake, hurricane, or blizzard.*

- People should keep their own supply of canned and other non-perishable foods.
- People should keep their own supply of drinking water.
- People should keep their own supply of essential medicines and household goods.

**703. If vaccine and antiviral medicines are both likely to be in short supply, what hopes can people have?**

*There are things people can do to protect themselves and others during an influenza pandemic.*

- Health officials would describe the signs and symptoms of the specific disease.
- People should practice good health habits, including eating a balanced diet and getting enough rest.
- People should discuss their own health concerns with their doctor, health department, or other trusted sources.

*The United States and other countries are preparing to respond to an influenza pandemic.*

- The U.S. Department of Health and Human Services and others are increasing supplies of vaccines and medicines.
- The United States has been working with the World Health Organization and other countries to strengthen detection and response to outbreaks.
- Preparedness efforts are on-going at the national, state, and local level.

*People can take common-sense steps to keep from spreading germs.*

- People should cover their coughs and sneezes, and wash their hands frequently.
- People should stay away from sick people as much as possible.
- If you are sick, you should stay away from others as much as possible.