

## For More Information:

For More information and ways to protect yourself and your family, please go to the [pandemicflu.gov](http://pandemicflu.gov) website..

If you have other questions or concerns please contact the Tech Department of Emergency Administration and Management at (479) 356-2019 or the Health and Wellness Center at (479) 968-0329.

## Pandemic Flu

A global outbreak caused by a new influenza virus. The virus spreads easily and is likely to affect many more people than seasonal flu.

[PandemicFlu.gov](http://PandemicFlu.gov)  [AvianFlu.gov](http://AvianFlu.gov)



### Arkansas Tech University

Department of Emergency Administration  
and Management  
in collaboration with the  
Health and Wellness Center



Prepare Yourself!

# Pandemic Flu

**Know What To Do  
About Pandemic Flu**



Arkansas Tech University



## What Is an Influenza Pandemic?

A pandemic is a global disease outbreak. An influenza pandemic occurs when a new influenza A virus emerges for which there is little or no immunity in the human population, begins to cause serious illness and then spreads easily person-to-person worldwide.

Historically, the 20th century saw 3 pandemics of influenza:

1918 influenza pandemic caused at least 675,000 U.S. deaths and up to 50 million deaths worldwide

1957 influenza pandemic caused at least 70,000 U.S. deaths and 1-2 million deaths worldwide

1968 influenza pandemic caused about 34,000 U.S. deaths and 700,000 deaths worldwide

### Characteristics and challenges of a pandemic

#### 1. Rapid Worldwide Spread

- When a pandemic influenza virus emerges, its global spread is considered inevitable.
- Preparedness activities should assume that the entire world population would be susceptible.
- Countries might, through measures such as border closures and travel restrictions, delay arrival of the virus, but cannot stop it.

#### 2. Health Care Systems Overloaded

- Most people have little or no immunity to a pandemic virus. Infection and illness rates soar. A substantial percentage of the world's population will require some form of medical care.
- Nations unlikely to have the staff, facilities, equipment and hospital beds needed to cope

with large numbers of people who suddenly fall ill.

- Death rates are high, largely determined by four factors: the number of people who become infected, the virulence of the virus, the underlying characteristics and vulnerability of affected populations and the effectiveness of preventive measures.

- Past pandemics have spread globally in two and sometimes three waves.

#### 3. Medical Supplies Inadequate

- The need for vaccine is likely to outstrip supply.
- The need for antiviral drugs is also likely to be inadequate early in a pandemic.
- A pandemic can create a shortage of hospital beds, ventilators and other supplies. Surge capacity at non-traditional sites such as schools may be created to cope with demand
- Difficult decisions will need to be made regarding who gets antiviral drugs and vaccines.

#### 4. Economic and Social Disruption

- Travel bans, closings of schools and businesses and cancellations of events could have major impact on communities and citizens.
- Care for sick family members and fear of exposure can result in significant worker absenteeism.


#### Communications and Information are Critical Components of Pandemic Response

Education and outreach are critical to preparing for a pandemic. Understanding what a pandemic is, what needs to be done at all levels to prepare for pandemic influenza, and what could happen during a pandemic helps us make informed decisions both as individuals and as a nation. Should a pandemic occur the public must be able to depend on its government to provide scientifically sound public health information quickly, openly and dependably. For additional information on pandemic influenza visit:

[www.pandemicflu.gov](http://www.pandemicflu.gov)

### Commonsense recommendations for avoiding the flu or other infectious diseases in general:

- Get a flu shot when they are available. Consult your health care provider or contact the ATU Health and Wellness Center at (479) 968-0329 for information on campus vaccine programs.
- Keep your immune systems strong with regular exercise, vitamin-rich foods, sufficient sleep and plenty of fluids.
- Wash hands frequently and avoid touching your face.
- Avoid sharing eating utensils, water bottles, towels or bedding without first washing these items with soap and hot water.
- Clean surfaces soiled with body fluids with a household disinfectant. (Use gloves while cleaning.)
- Cover when coughing - cough into your sleeve at the elbow.
- Stay away from work or classes when sick with a fever or actively coughing.
- Stay informed about developments regarding the avian flu by visiting the [www.pandemicflu.gov](http://www.pandemicflu.gov) website.



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