

Additional Resources

Local

Cambria County Department of Emergency

Services: 814-472-2100

Local emergency preparedness and response.

American Red Cross Keystone Chapter:

814-255-1550

Emergency and health services, disaster preparedness and volunteer opportunities. <http://www.keystone-redcross.org/>

Pennsylvania Department of Health: Cambria County Center:

814-248-3120 Local contact for PA Dept. of Health.

Conemaugh Nurse Connection:

814-534-9139 or 1-800-587-5875

Emergency services and crisis intervention services.

Cambria County Mental Health Program:

814-534-2800 Emotional Support Assistance.

State

PA Dept. of Health Pandemic Flu Information

www.pandemicflu.state.pa.us State preparations and resources to help you prepare.

Pennsylvania Emergency Management Agency

www.pema.state.pa.us Response, loss prevention, news, & resources regarding natural and manmade disasters.

National

Centers for Disease Control and Prevention

800-CDC-INFO- or 888-232-6348 (TTY) <http://www.bt.cdc.gov/>

Emergency preparedness and response information for disaster response.

National Center for Post Traumatic Stress Disorder

1-802-296-6300 Organizations, treatment referrals and information about assessment.

National Institute of Mental Health Center

1-866-615-6464 Free publications about post-traumatic stress.

U.S. Government Information

<http://pandemicflu.gov> Government information on avian and pandemic influenza from the Department of Health & Human

Services.

This information taken in part from:

Trust For America's Health

Key Differences Between Annual Flu and Pandemic Flu

Annual Flu

- ◆ Occurs every year during the winter months.
- ◆ Affects 5-20 percent of the U.S. population.
- ◆ Globally, kills 500,000 -1 million people each year, 36,000-40,000 in the U.S.
- ◆ Deaths generally are confined to "at risk" groups, such as the elderly (over 65 years of age); the young (children aged 6-23 months); those with existing medical conditions like lung diseases, diabetes, cancer, kidney, or heart problems; and people with compromised immune systems.
- ◆ Vaccination is effective because the virus strain in circulation each winter can be fairly reliably predicted.

Pandemic Flu

- ◆ Occurs three to four times a century and can take place in any season
- ◆ Experts predict an infection rate of 25-50 percent of the population, depending on the severity of the virus strain.
- ◆ The worst pandemic of the last century -- the "Spanish Flu" of 1918 -- killed 500,000 in the U.S. and 50 million worldwide.
- ◆ All age groups may be at risk for infection, not just "at risk" groups. Otherwise fit adults could be at relatively greater risk, based on patterns of previous epidemics. For example, adults under age 35 (a key segment of the U.S. workforce) were disproportionately affected during the 1918 pandemic.
- ◆ A vaccine against pandemic flu may not be available at the start of a pandemic. New virus strains must be accurately identified, and producing an effective vaccine could take six months.
- ◆ Antiviral drugs may be in limited supply, and their effectiveness will only be known definitively once the pandemic is underway.

Let's Get Serious About Staying Healthy



It's Not the Flu As Usual:

Preparedness In the Workplace

Imagine that ten percent of your employees are too sick to come to work on any given day. Imagine that cumulatively, a quarter of your workforce could be out for as many as three to four months.

Imagine that the other businesses you rely on are facing the same massive absentee rates.

Hard as it may be to believe, such a scenario could happen - indeed, some health officials say it's inevitable. The cause:

A PANDEMIC FLU

**Cambria County Community Health
Preparedness Task Force**

What a Pandemic Flu Could Mean To Your Business

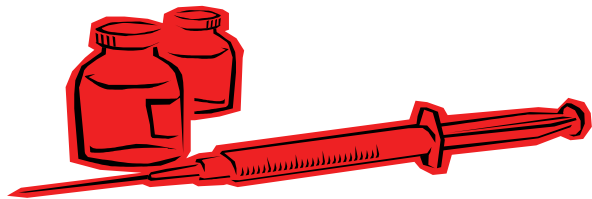
*Each winter, the flu kills approximately 36,000 - 40,000 Americans, hospitalizes more than 200,000, and costs the U.S. economy over **\$10 billion in lost productivity and direct medical expenses.***

*A pandemic flu that could kill over half a million in the U.S., hospitalize more than 2 million, and **cost our economy a staggering \$70 - \$160 billion.***

*A pandemic flu will spread rapidly and easily from person to person, affecting all age groups. It will cause illness in a high proportion of those infected. Health officials are concerned that the avian "bird flu" emanating from Asia could mutate to a new strain of flu that humans have no natural immunity against -- the World Health Organization has said that **a bird flu pandemic could infect 25 - 30 percent of the world's population.***

*Government officials may have to shut down businesses, restrict travel, cancel public events, and close schools. Personal illness, caring for others who are ill, and fear could result in **25 - 30% employee absenteeism over three to four months.***

Flu is caused by viruses that infect the nose, throat, and lungs, and is generally spread from person to person when an infected person coughs or sneezes. An effective vaccine, when available, will be the best safeguard against pandemic flu. In addition, the following simple, common-sense precautions can also help. Recommended by the Centers For Disease Control and Prevention, these precautions should be communicated to the workforce and posted in common areas.



WHAT BUSINESSES CAN DO:

- ◆ Adapt current contingency plans to apply to a pandemic situation.
- ◆ Ensure core business activities can be sustained over several weeks.
- ◆ Plan accordingly for interruptions of essential government services like sanitation, water, power and disruptions to the food supply.
- ◆ Identify your company's essential functions and the individuals who perform them. The absence of these individuals could seriously impair business continuity. Build in the training redundancy necessary to ensure that their work can be done in the event of high absenteeism.
- ◆ Maintain a healthy work environment with adequate air circulation, tips on how to stop the spread of germs, and promoting hand and respiratory hygiene. Ensure wide and easy availability of alcohol-based hand sanitizer products.
- ◆ Determine essential outside activities such as transportation and supplies, and develop alternatives if they can't function normally.
- ◆ Establish policies and tools to allow employees to work from home.
- ◆ Provide online and self-service options for customers and business partners.
- ◆ Inform employees of the threat, as well as what your company has done to prepare. In emergencies, employees demonstrate an increased tendency to listen to their employer, so clear and frequent communication is essential.
- ◆ Update sick leave, family, and medical leave policies, and make sure employees stay home if they are ill. Concern about lost wages is the largest deterrent to self-quarantine.

PROTECTING EMPLOYEES' HEALTH:

- ◆ Avoid close contact with individuals who are sick. If you are sick, keep your distance from others to protect them from getting sick, too.
- ◆ Stay home if you are sick or have flu symptoms. Get plenty of rest and check with a health care provider as needed.
- ◆ Cover your mouth and nose with a tissue when you cough or sneeze, and immediately dispose of used tissues. It may prevent those around you from getting sick.
- ◆ Clean your hands often. Washing your hands often will protect you against germs. When soap and water are not available, use alcohol-based disposable hand wipes or gel sanitizers.
- ◆ Avoid touching your eyes, nose, and mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- ◆ Practice other good health habits, such as getting plenty of sleep and fluids, eating nutritious foods, and not smoking to avoid serious consequences if you would contract the flu.

