

### **Important Notice**

This PDF file is licensed under the End-User License Agreement (“License Agreement”) between the Alabama Department of Public Health and the Channing Bete Company, Inc. This PDF is governed under the terms of that License Agreement. For a full recitation of the terms and limitations, please see the License Agreement (EULA.pdf) on the CD. In addition to the terms contained in the License Agreement, this PDF file only may be printed and/or copied to local hard drives of computers under the control of any school within the State of Alabama for use in facilitating the presentation of the Licensed Work (as defined in License Agreement).

# Survey #1

## This is not a test!

These are some quick, simple questions to get you thinking about being prepared for a flu pandemic.

You will get a second survey after the presentation.

	True	False
1. There were 3 flu pandemics in the 1900s.	<input type="checkbox"/>	<input type="checkbox"/>
2. A flu pandemic won't affect the U.S.	<input type="checkbox"/>	<input type="checkbox"/>
3. People may not be able to get to work during a flu pandemic.	<input type="checkbox"/>	<input type="checkbox"/>
4. It's possible to prepare for a flu pandemic.	<input type="checkbox"/>	<input type="checkbox"/>
5. The government will be able to help everyone in a flu pandemic.	<input type="checkbox"/>	<input type="checkbox"/>
6. During a flu pandemic, there could be shortages of flu medications—and it could be many months before a vaccine is ready.	<input type="checkbox"/>	<input type="checkbox"/>
7. Frequent hand washing is one of the most important ways people can help avoid getting—or spreading—infections like the flu.	<input type="checkbox"/>	<input type="checkbox"/>
8. Covering coughs and sneezes with a tissue helps prevent the spread of the flu.	<input type="checkbox"/>	<input type="checkbox"/>
9. Storing food and water is an important preparation step for a flu pandemic.	<input type="checkbox"/>	<input type="checkbox"/>
10. Most people who catch pandemic flu must recover in the hospital.	<input type="checkbox"/>	<input type="checkbox"/>

## This is not a test either!

This will help us see how successful this presentation has been. Compare your answers here with those from Survey #1. Have they changed?

Thanks!

	True	False
1. There were 3 flu pandemics in the 1900s.	<input type="checkbox"/>	<input type="checkbox"/>
2. A flu pandemic won't affect the U.S.	<input type="checkbox"/>	<input type="checkbox"/>
3. People may not be able to get to work during a flu pandemic.	<input type="checkbox"/>	<input type="checkbox"/>
4. It's possible to prepare for a flu pandemic.	<input type="checkbox"/>	<input type="checkbox"/>
5. The government will be able to help everyone in a flu pandemic.	<input type="checkbox"/>	<input type="checkbox"/>
6. During a flu pandemic, there could be shortages of flu medications—and it could be many months before a vaccine is ready.	<input type="checkbox"/>	<input type="checkbox"/>
7. Frequent hand washing is one of the most important ways people can help avoid getting—or spreading—infections like the flu.	<input type="checkbox"/>	<input type="checkbox"/>
8. Covering coughs and sneezes with a tissue helps prevent the spread of the flu.	<input type="checkbox"/>	<input type="checkbox"/>
9. Storing food and water is an important preparation step for a flu pandemic.	<input type="checkbox"/>	<input type="checkbox"/>
10. Most people who catch pandemic flu must recover in the hospital.	<input type="checkbox"/>	<input type="checkbox"/>

# Handout

## Handout #1: Medical information (slide 63)

Give a copy of this page to each member of the audience.

**Record this information for each family member.**

It may be needed for mass vaccination clinics, for example.

Name	Health-care provider's name and number	Health insurance provider and plan number	Blood type	Allergies	Current or past medical conditions	Current medications and doses

Presenters may copy this page as per the End-User License Agreement. Pages that do not contain this notice may not be reproduced without written permission from Channing Bete Company, Inc. ©2006 Channing Bete Company, Inc. All rights reserved.

## Handout #2: Important contacts (slide 63)

Keep important information handy.

**Name/number**

<b>9-1-1</b> for emergencies	Police department/sheriff	
	Fire department	
	Local emergency services	
Personal emergency contacts:		
Local		
Out-of-town		
Health-care provider(s)		
Health clinic/hospital near:		
Home		
Work		
School		
Pharmacy		
State health department		
Local health department		
Flu hotline		
Veterinarian		
Employer contact		
School contact		
Religious/spiritual organization contact		
Other:		
Other:		

### Pandemic flu resources

- [www.pandemicflu.gov](http://www.pandemicflu.gov)
- [www.cdc.gov](http://www.cdc.gov)  
1-800-CDC-INFO  
(1-800-232-4636)  
1-888-232-6348 (TTY)
- [www.adph.org](http://www.adph.org),  
the Alabama Department  
of Public Health
- [www.who.int](http://www.who.int)
- Food safety: [www.FoodSafety.gov](http://www.FoodSafety.gov) or 1-888-MPHotline  
(1-888-674-6854) or 1-800-256-7072 (TTY).
- Travel advisories: [www.cdc.gov/travel](http://www.cdc.gov/travel)  
or 1-877-FYI-TRIP (1-877-394-8747).
- Emergency kits, disaster preparedness: [www.ready.gov](http://www.ready.gov)
- Work guidelines: [www.osha.gov](http://www.osha.gov) and [www.cdc.gov](http://www.cdc.gov)
- Keeping poultry or other animals: [www.aphis.usda.gov](http://www.aphis.usda.gov). (Call  
USDA veterinarians at 1-866-536-7593 if poultry get sick.)

## Handout #3: Flu pandemic checklist (slide 63)

### Some basic steps to help individuals and families prepare for a possible flu pandemic:

- Store enough food for at least 2 weeks. (Choose nutritious foods that need little or no cooking and no refrigeration—for example, canned meats, vegetables and fruits, peanut butter and protein bars. Consider special dietary needs, such as baby food.)
- Store enough water for at least 2 weeks (1 gallon per person per day).
- Learn home treatment for the flu.
- Store medical and health supplies for treating the flu.
- Practice habits that help keep flu germs from spreading. For example:
  - Wash hands often. Wash properly.
  - Cover coughs and sneezes with a tissue (or upper sleeve). Dispose of tissue in wastebasket. Wash hands.
  - Stay at least 3 feet away from others if you or they are coughing or sneezing.
  - Don't share unwashed cups, towels, forks, etc.
  - Don't eat raw or undercooked animal products, including eggs.
- Prepare your child. For example, be sure to teach healthy personal hygiene habits.
- Find out if your job requires you to take extra steps for preventing pandemic flu.
- Ask about flu pandemic plans at work (like compensation for absences, working from home and backup for key personnel).
- Ask about flu pandemic plans at your child's school (like absentee policies, what will happen if a student develops pandemic flu and notification of closing).
- Make backup plans for possible work and/or school disruption.
- Ask about flu pandemic plans at any organizations you belong to.
- Encourage and help family, friends and neighbors to prepare.
- Look into volunteer opportunities to help community response efforts.
- Plan how to handle other emergencies that could arise during a flu pandemic, such as loss of power.