

Flu...Bird flu...Flu Pandemic

What does it all mean?

	SEASONAL FLU	BIRD FLU	PANDEMIC FLU
What is it ?	<p>Human influenza (flu):</p> <ul style="list-style-type: none"> • More severe than the common “cold” • Periodic outbreaks are caused by flu viruses that circulate among people 	<p>Bird flu, or avian influenza:</p> <ul style="list-style-type: none"> • Viruses affect wild birds and typically do NOT infect humans • Current outbreak of bird flu that began in Southeast Asia is caused by avian influenza A (H5N1) • Millions of birds have died and some humans have developed disease 	<p>A pandemic is an outbreak that occurs worldwide and affects many people.</p> <p>Pandemics:</p> <ul style="list-style-type: none"> • Caused by new types of flu viruses (typically an animal virus such as bird flu) • Can cause severe disease in humans • Are transmitted from person-to-person
How is it spread?	<ul style="list-style-type: none"> • Person-to-person through coughing or sneezing • By touching surfaces contaminated with flu germs and then touching your eyes, mouth, or nose 	<ul style="list-style-type: none"> • Migratory birds like ducks can carry the H5N1 flu virus and often do not have symptoms • Humans catch the disease through close contact with infected birds or their surroundings • In rare cases the disease has passed from person to person 	<ul style="list-style-type: none"> • Person-to-person through coughing or sneezing • By touching surfaces contaminated with flu germs and then touching your eyes, mouth, or nose
Dangers	<ul style="list-style-type: none"> • Most people who develop significant illness recover within 7 to 10 days • Some people may take longer to recover 	<ul style="list-style-type: none"> • About 50% of people infected with bird flu have developed serious illness and died 	<ul style="list-style-type: none"> • Experts predict as many as 25% of people worldwide could become ill • Experts think about 1-5% of those who develop disease would die • Predicting exactly who would be at the greatest risk is difficult
Treatment	<ul style="list-style-type: none"> • Most people recover without medication • Antiviral drugs (used for vulnerable individuals) must be started within 48 hours of onset of symptoms 	<ul style="list-style-type: none"> • Antiviral drugs may improve the outcome or shorten the illness if taken early • Information on the usefulness of these drugs is very limited at this time 	<ul style="list-style-type: none"> • The effectiveness of antiviral drugs is not known at this time
Vaccine	<ul style="list-style-type: none"> • Seasonal flu vaccination is available through your healthcare provider 	<ul style="list-style-type: none"> • No human vaccine is currently available for H5N1 bird flu • Several companies are developing and testing such a vaccine 	<ul style="list-style-type: none"> • Annual flu vaccine will not protect against pandemic flu • A targeted vaccine can only be developed once a pandemic starts and the virus is identified
Protect yourself	<ul style="list-style-type: none"> • Get an annual flu vaccine • If appropriate, get the pneumococcal (“pneumonia”) vaccine • Cover your mouth and nose when you cough (Use a tissue and throw it away when finished) • Wash your hands often, using soap and warm water or an alcohol-based hand sanitizer • Avoid touching your eyes, nose and mouth • Avoid close contact with those that are sick 	<ul style="list-style-type: none"> • Avoid contact with sick or dying birds in affected countries • Cover your mouth and nose when you cough. (Use a tissue and throw it away when finished.) • Wash your hands often, using soap and warm water or an alcohol-based hand sanitizer • Avoid touching your eyes, nose and mouth • Avoid close contact with those that are sick 	<ul style="list-style-type: none"> • Cover your mouth and nose when you cough. (Use a tissue and throw it away when finished.) • Wash your hands often, using soap and water or an alcohol-based hand sanitizer • Avoid touching your eyes, nose and mouth • Avoid close contact with those that are sick • Clean surfaces that are touched often such as phones, computer keyboards, water faucets, and door and refrigerator handles • If appropriate, get the pneumococcal (“pneumonia”) vaccine