

# Planning Assumptions for All Emergencies

## Pandemic Influenza Facts

- Pandemic flu spreads very rapidly because people have no immunity.
- Pandemic flu is much more severe than ordinary flu.
- Pandemic flu will affect people of all ages.

Pandemic Flu will disrupt daily life. Certain precautions will need to be taken during an outbreak.

These precautions may include:

- Restricting mass gatherings
- Restricting travel
- Closing schools, businesses, and churches
- Voluntary isolation and quarantine

### Pandemic Influenza Potential

#### U.S. Statistics

- 90 million sick
- 45 million will need care
- 2 million deaths

#### WV Statistics

- 542,503 sick
- 271,252 will need care
- 10,850 deaths

- Food and supplies may not be available
- Water may not be available
- Electricity may not be available



Citizen Corps asks you to embrace the personal responsibility to be prepared; to get training in first aid and emergency skills; and to volunteer to support local emergency responders, disaster relief, and community safety.

Harrison County Office of Emergency Management

Citizen Corps Coordinator: 304-623-4115

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

### More Information

If you would like more information visit:

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

[www.wvflu.org](http://www.wvflu.org)

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

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

**Collaborating Partners:**  
Harrison-Clarksburg Health Department  
Harrison County Commission  
Harrison County Office of Emergency Management  
**Local Emergency Planning Committee**  
*Special thanks to:  
Marion County Health Department*

## Preparing for Pandemic Flu and Other Emergencies

*Are You Ready?*



**Prepare don't Panic**

# Items to have on hand in case of an emergency

Each pay day purchase a few items and set them aside for an emergency. Be sure to rotate supplies by expiration date

**Food:** Easily prepared foods (i.e. add water and boil) like packaged pasta and rice dishes, canned goods such as soups, vegetables, fruit, chili, stew, ravioli, tuna, tomato sauce.

*Be Sure You Have A Working Manual Can Opener!* Packaged snacks like crackers, dried foods like powdered milk, potato flakes, dried fruit, oatmeal, herbs and spices.

**Household Supplies:** Paper products, including toilet paper, paper towels, tissues, disposable plates, cups, and utensils. Bleach, other disinfecting cleaners, dishwashing and laundry soap, matches or lighters, flashlights and batteries, backup cooking fuel, such as charcoal or firewood.

**Child Care/Baby Products:** Baby food, formula, diapers, baby wipes, children's medicines.

**Personal Products:** Toothpaste, shampoo, shavers, soap, deodorant.

**Pet Food and Supplies:** Cat food, dog food, medication they use, etc.

**Beverages:** Water: You should store at least a two week supply of water for each family member. A normally active person needs to drink at least two quarts of water per day. You will need additional water for food preparation and hygiene. Store a total of at least one gallon per person, per day.

**Medicine/Health Care Supplies:** One month supply of prescription medications, over the counter flu medication, pain/fever reliever (avoid taking aspirin for viral infections), vitamin C or multivitamin, masks/respirators—N95 is recommended, disposable surgical gloves (in quantity) and a few pairs of latex gloves that can be disinfected and reused. Antibacterial soap and hand sanitizers, general first aid kit supplies.

**Gasoline:** Store **ONLY** in approved containers as far away from your house as possible.



## Goals of Public Health

- Watching disease patterns to detect changes early
- Slow the spread of disease by initiating protective measures and providing accurate information to medical partners, local leaders and the public.

## How Can I Protect Myself And My Family Against Catching The Flu?

All flu viruses spread through the air when people cough or sneeze. They can be contagious up to 24 hours before symptoms occur. Basic actions that may reduce the risk of getting or spreading flu include:

- Washing your hands frequently with soap and warm water for at least 20 seconds.
- Using an alcohol based hand sanitizer when soap and water are not available.
- Covering your mouth when you cough.
- Covering your nose when you sneeze.
- Avoiding large crowds whenever possible.
- Not going to work when you are ill.
- Never sending an ill child to school or day-care.
- Avoiding close contact with those who are sick.
- Eating a healthy diet and getting regular exercise.



**NEED MORE INFORMATION  
CALL US!**

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