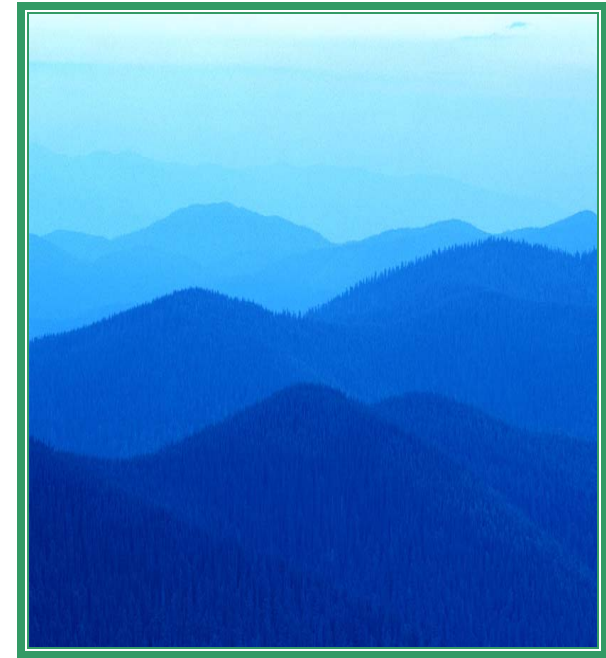


PANDEMIC INFLUENZA PREPAREDNESS AND YOU



**It's Everyone's
Responsibility**



Loudoun County, Virginia
June 2009

Loudoun County's Pandemic Influenza Response Plan

Loudoun County embarked on its pandemic influenza planning efforts in the spring of 2006. This ongoing coordinated effort involves county agencies, Loudoun County Public Schools, the Town of Leesburg, and partner organizations, and includes Inova Loudoun Hospital and the Office of the Chief Medical Examiner, as well as a variety of private sector groups. The county's planning initiatives were undertaken in concert with the emergency planning efforts of the Virginia Department of Health, the United States Department of Health and Human Services, and the World Health Organization. In addition, county officials are involved with the National Capital Region's efforts, which are being led by the Washington Metropolitan Council of Governments and the Northern Virginia Regional Commission.

The Loudoun County Pandemic Influenza Response Plan, which was activated on April 27, 2009 in response to the H1N1 (swine) flu virus outbreak, describes the coordinated local strategy to prepare for and respond to an influenza pandemic and it supplements the Commonwealth of Virginia and federal pandemic flu response plans. The Plan is one of a variety of tools the county is using in its planning and response efforts. In addition to the Plan, individual County agency Continuity of Operations Plans will address critical issues unique to each agency so they will be optimally prepared to respond should the pandemic become more severe.

The Loudoun County Pandemic Influenza Response Plan is available online at: www.loudoun.gov/flu.

**For further information on
Pandemic Influenza,
contact:**



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Leesburg, VA 20177-7000**

**Email: flu@loudoun.gov
Website: www.loudoun.gov/flu**

Pandemic Influenza (Flu) and Its Potential Impact in Virginia

Influenza, or flu, is a viral infection of the lungs. Influenza outbreaks occur every year, most often in late fall and winter.

Pandemic influenza is a global outbreak of disease that occurs when a new influenza virus that most people have never been exposed to appears in humans, causes serious illness, and then spreads easily from person to person worldwide.

Three influenza pandemics occurred in the 20th century, all of which spread around the world within one year of being detected. Of these, the pandemic of 1918-1919 was the most severe, causing 50 million or more deaths worldwide. More than half a million Americans died in this pandemic. No one can predict when a pandemic might occur, but many scientists believe it is only a matter of time before the next one arises. The H1N1 (swine) flu strain that has been spreading globally this spring is the most likely cause of the next pandemic.

If a new and severe strain of influenza were to begin spreading across the globe, Virginia would not be spared from its impact. The severity of the next pandemic cannot be predicted, but modeling studies suggest that its effect in the United States could be severe. In Virginia, pandemic influenza impact estimates include:

- 2,700 to 6,300 deaths
- 12,000 to 28,500 hospitalizations
- 575,000 to 1.35 million outpatient visits
- 1.08 million to 2.52 million people becoming sick

Source: www.vdh.virginia.gov/PandemicFlu/index.asp

Influenza Terms Defined

Seasonal (or common) influenza is a respiratory illness that can be transmitted person to person. Most people have some immunity, and a vaccine is available.

Pandemic influenza is virulent human influenza that causes a global outbreak, or pandemic, of serious illness. Because there is little natural immunity, the disease can spread easily from person to person. Currently, there is an influenza pandemic.

H1N1 (swine) influenza is a variation of an influenza virus that occurs naturally among swine. There is no human immunity and no vaccine is currently available. H1N1 (swine) influenza is the strain in the current flu pandemic. There is no evidence that swine or pork products can transmit this virus to people.

Source: www.pandemicflu.gov

Individuals and Families Should Prepare

Now is the time for Loudoun County residents and families to begin planning in case the influenza pandemic becomes more severe. This is especially important for individuals who live alone, are single parents, or who have or care for those with chronic medical problems:

- **Stock up on basic supplies, food, and water, enough for 2 weeks.**
- **Have medications for fever and a thermometer handy.**
- **Know what options are available at work when you are ill -- for example, working from home.**
- **Have a backup caregiver for loved ones in case you become ill or schools close.**
- **Keep emergency numbers and self-care instructions in a place where everyone in the house can access them.**
- **Talk with your neighbors and share this information.**

For more information: www.pandemicflu.gov/plan/individual

Businesses Should Prepare

A worldwide influenza pandemic could have a major effect on the global economy, including travel, trade, tourism, food consumption and, eventually, investment and financial markets. It is expected that many small businesses will not survive a 1918 type of pandemic. Conducting pandemic influenza contingency planning now will help minimize a pandemic's impact and increase your chance of surviving the pandemic. Companies providing critical services, such as power, banking, and telecommunications, have a special responsibility to plan for continued operation in a crisis. Business owners and managers may find more preparedness and planning information at: www.pandemicflu.gov/plan/workplaceplanning

Stay Healthy

Loudoun County residents should take steps to ensure that they remain healthy during a pandemic and at all times. The Loudoun County Health Department offers these suggestions:

- **Get your annual flu shot.**
- **Exercise, drink lots of water, get plenty of rest, and do not smoke.**
- **Cough or sneeze into your upper sleeve or a tissue.**
- **Wash hands frequently with soap and water or use an alcohol-based waterless hand sanitizer.**
- **Stay at home if you are sick.**
- **Avoid crowds during influenza season, visit those who have influenza only if necessary, and stay more than 3 feet away from them.**
- **Keep personal items separate if a household member has influenza and clean surfaces around the person often with a detergent cleanser.**
- **Do not share personal items or drinks.**
- **Decrease stress and stay optimistic.**