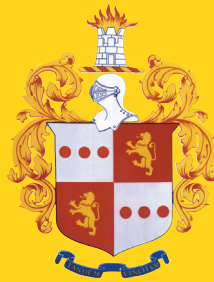


The Pocket Guide to

Emergency and Pandemic Flu Preparedness



Public Health
Prevent. Promote. Protect.

Morris County Office of Health Management

Your safety. That's why public health is working.

We're working around the clock to protect your health and safety. Our work includes health promotion, disease prevention, and serving as one of the front line team of agencies responding in the event of a public health emergency.

To learn more, visit us at www.morrishealth.org or call **973-631-5484**.



A publication of the
Morris County Board of
Chosen Freeholders.

This guide can help you in the event of a major emergency. It has information on how to plan for and respond to natural and man-made public health emergencies. Helpful web sites and phone numbers are also included. Please read your guide carefully and keep it close at hand.

Seasonal Influenza vs Pandemic Influenza

Key differences between seasonal and pandemic flu.

SEASONAL FLU

- ◆ A respiratory illness that can be spread from person to person and is caused by human influenza viruses.
- ◆ Follows a predictable pattern, typically every winter. Most people have some immunity and a vaccine is available each year.
- ◆ Regular flu symptoms: fever, cough, runny nose and muscle pain.
- ◆ Healthy adults are not usually at risk for any serious complications.
- ◆ The medical community can usually meet public and patient needs.
- ◆ Average number of deaths in the US is about 36,000 each year.
- ◆ Vaccines are developed before the flu season based on known virus strains.
- ◆ Supplies of antiviral drugs are usually available.
- ◆ Small impact on the community with sick people staying home from work and school.
- ◆ Small impact on US economy and world economy.

PANDEMIC FLU

- ◆ A global outbreak that occurs when a new influenza virus appears in humans that can cause serious illness and spread easily from person to person.
- ◆ Doesn't happen often-only three times in the 20th century. The last time was 1968.
- ◆ Symptoms would be more serious and there would be more medical complications.
- ◆ Healthy people may be at risk for serious complications.
- ◆ The medical community will be overwhelmed.
- ◆ The number of deaths would be much higher, possibly millions worldwide.
- ◆ Vaccine developed early may not be effective. Once an effective vaccine is developed, it may not be available for several months.
- ◆ May not have any effective antiviral drugs or the supply may be limited.
- ◆ Big impact on the community. There could be travel restrictions, school closings, limited business hours or closings and canceling of public gatherings.
- ◆ Big impact on US economy and world economy.

IS IT A COLD OR FLU?

<u>SYMPTOM</u>	<u>COLD</u>	<u>FLU</u>
Fever	Rare	Usual: high (100 F - 102 F)
Headache	Rare	Common
General Aches Pains	Slight	Usual, often severe
Fatigue, Weakness	Sometimes	Usual, often severe
Extreme Exhaustion	Never	Usual, at beginning
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort,	Mild-Moderate	Common, can be
Cough	Hacking Cough	severe

Rehydration Solution for Adults & Teens

- *4 cups of clean water
- *2 tablespoons of sugar
- *1/2 teaspoon of salt

Mix all ingredients until the sugar/salt disappears. You can drink the solution at room temperature.

Please Note: Do not boil the solution because that will reduce the solution's helpfulness.

Important Medical Disclaimer

The information contained in this publication is not intended to replace the expert care and advice of a qualified physician. Please contact your personal physician regarding any medical problems.



In the event of a **Biological** Emergency



Some bacteria or viruses can make people seriously ill or cause death. During Biological emergencies Local, State and Federal Public Health Officials will arrange for the distribution of life-saving medications to areas at risk of exposure. Your protection and treatment will depend on the type of organism, such as influenza or anthrax and whether you have been directly exposed.

In the event of a **Chemical** Emergency



A chemical emergency occurs when a hazardous chemical has been released and the release has the potential for harming peoples' health. Chemical releases can be caused by an industrial accident or through the intentional release of a harmful substance. **SHELTER IN PLACE** or **EVACUATION** orders may be issued for your protection. Local authorities will give these orders only when necessary.

In the event of a **Radiological** Emergency



A nuclear blast or an accident in a nuclear power plant can cause the spread of radiation. A terrorist attack with a “dirty bomb” can also spread radiation into the air. A “dirty bomb” is a mixture of explosives, such as dynamite, with radioactive powder or pellets.

SELF-DECONTAMINATION: If you have been in contact with a chemical agent or radiation, remove your clothes as quickly as possible. Put the clothes in a plastic bag and seal. Take a shower and wash with plenty of soap and lukewarm water. **Do not dispose of the plastic bag yourself.** Call your local emergency authorities for directions on how to dispose of your clothes.



How to Get Information in an Emergency

Local radio and television stations will provide information in the event of a major emergency. In some instances, the Emergency Alert System may be activated. Specific emergency instructions will be broadcast by:



TELEVISION:

- CHANNEL 12
- NJ- CABLEVISION
- WMBC TV 63



RADIO:

- WFME 94.7 FM
- WGHT 1500 AM
- WMTR 1250 AM

Emergency instructions will provide information on whether it is safer to evacuate your home/workplace or whether you will be better protected to **Shelter In Place**. If you are ordered to evacuate, the radio announcements will also advise you on the safest place to go.

HELPFUL WEB SITES

- Morris County OEM www.morrisoem.org
MC Prosecutor's Office www.morrisnjpros.org
NJDHSS www.state.nj.us/health
NJ Homeland Security www.njhomelandsecurity.gov
American Red Cross of Northwest NJ..... www.northwestnjredcross.org

LIMIT THE SPREAD OF DISEASE

- o Wash hands frequently with soap and water for at least 30 seconds
- o Cover coughs and sneezes with tissues-dispose of tissues and then wash hands
- o Cough or sneeze into your sleeve
- o If you are sick, stay home and away from others as much as possible
- o Don't send sick children to school
- o Avoid close contact with people who are sick
- o Use 60% alcohol hand sanitizer

KEEP THE HOUSEHOLD ENVIRONMENT CLEAN

- o On a daily basis, clean surfaces and commonly shared items like microwaves, refrigerator handles, phones, remote controls, doorknobs and handles, toilet seats and handles, faucets, light switches and toys. Use a labeled household disinfectant or chlorine bleach mixture (see below).
- o Store brand chlorine bleach can be used as a disinfectant by mixing 1/4 cup chlorine bleach with 1 gallon of cool water.

PREVENTION

- o Stay healthy by eating a balanced diet, exercising daily, getting enough rest and drinking plenty of fluids. Remember to get your seasonal flu shot.



Your Best Protection is Preparation

This Guide offers information about those that are large-scale disasters, specifically public health emergencies, and acts of terrorism involving nuclear (radiological), biological, and chemical agents.

If such a disaster occurs, you may be asked by authorities to take one of two different actions: **SHELTER IN PLACE** (remain in your home or workplace), or **EVACUATE** (leave your home or workplace). In either case, it is important that you and your family have an **EMERGENCY PREPARATION PLAN**.

The American Red Cross provides all the information you need to make your Emergency Preparation plan. You can call the Red Cross of Northwest NJ at **973-538-2160** or visit their Web site at www.northwestnjredcross.org. In the meantime, it makes good sense to put together some emergency supplies for your home, workplace, and car.

YOUR EMERGENCY SUPPLIES SHOULD INCLUDE:

- A battery powered or wind-up radio.
- Flashlights with fresh batteries.
- A first aid kit, including emergency medications.
- A cell phone (*make sure it's charged*).
- Stored water in sealed unbreakable containers – 1 gallon for each person for each day up to one week. Water should be replaced every six months.



- A water purification kit in the event you can't boil water if a "Boil Water Order" is issued by health and safety officials.
- A one week supply of food that doesn't need refrigeration, a manual can opener, and eating utensils.
- Trash bags, duct tape, sheets of plastic, and disposable gloves.
- Fire extinguishers.
- Add a shovel, booster cables, fix-a-flat, and flares for your car.



DIAL 2-1-1

During a public health emergency, Morris County residents can dial 2-1-1 for updates from the New Jersey Department of Health and Senior Services and the County of Morris.

2-1-1 is a **free**, statewide telephone number that connects callers with a caring professional who can help them find non-emergency help or information on all kinds of services, government programs and community resources. From basic needs like food, shelter and health care to transportation, financial assistance, job training, mental health services, parenting resources and much more.

*2-1-1 is available 24 hours every day.
From some cell phones,
dial (800) 435-7555.*

FIRSTCALL For Help
2-1-1
Get Connected. Get Answers.



Shelter in Place:

Protecting Yourself at Home or Work

In the event of a radiological, chemical or biological emergency, authorities may direct you to **SHELTER IN PLACE** or **EVACUATE**. The term "Shelter In Place" means remaining inside your home or place of work and protecting yourself there.

If emergency officials advise you to Shelter In Place:

- 1 Stay calm.
- 2 Bring children and pets indoors immediately.
- 3 Close and lock all windows and outside doors.
- 4 Turn off all fans, heating/air conditioning systems, close exterior doors and windows.
- 5 If you have a fireplace, close the damper.
- 6 Gather your disaster supplies and battery powered radio.
- 7 Go to an interior room, ideally without windows. In case of a chemical threat, a room above ground is preferable because some chemicals are heavier than air and may seep into the basement.
- 8 Use duct tape (wet towels if you are out of duct tape) to seal doors, exhaust fans, vents and windows.
- 9 Listen to the radio or TV for emergency instructions and Shelter In Place until you are told all is safe.



LEARN MORE

Go to www.njflupandemic.gov NJ Department of Health and Senior Services for Ready Together NJ

Go to www.cdc.gov for general information about influenza and other health related topics

Go to www.pandemicflu.gov for pandemic flu information

Go to www.redcross.org for emergency preparedness information

Go to www.who.int/ith/en for health related travel information from the World Health Organization





Important PUBLIC HEALTH AND PUBLIC SAFETY PHONE NUMBERS

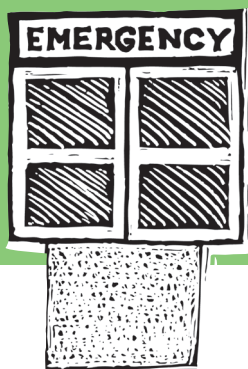
The following are numbers for disaster
and emergency related help and information.

Morris County Office of Health Management	973-631-5484
Morris County Office of Emergency Management	973-829-8600
Morris County Sheriff's Office	973-285-6600
Morris County Prosecutor's Office	973-285-6200
New Jersey Department of Health & Senior Services Communicable Disease Service	609-588-7500
New Jersey State Police	609-882-2000
American Red Cross of Northwest New Jersey	973-538-2160
NJ Poison Information & Education Systems	1-800-222-1222
NJ Mental Health Helpline	1-877-294-HELP
2-1-1 First Call for Help	Dial 2-1-1 or 1-800-435-7555

Your Own Important Numbers

Local phone numbers for emergency help are on the first page or in the first section of your local phone book. Look there and write down your important numbers here:

FIRE: _____	Hospital: _____
POLICE: _____	School: _____
Doctor: _____	Power Outage: _____
_____	_____
_____	_____



Where to Find Emergency Medical Care

Morristown Memorial Hospital
100 Madison Avenue
Morristown, NJ 07962
973-971-5000
www.atlantichealth.org

Saint Clare's Hospital—Dover
400 West Blackwell Street
Dover, NJ 07801
973-989-3000
<http://saintclares.org>

Chilton Memorial Hospital
97 West Parkway
Pompton Plains, NJ 07444
973-831-5000
www.chiltonmemorial.org

Saint Clare's Hospital—Denville
25 Pocono Road
Denville, NJ 07834
973-625-6000
<http://saintclares.org>

**CALL 9-1-1 IN THE EVENT OF A SERIOUS,
LIFE-THREATENING EMERGENCY.**



Techniques for Managing STRESS AND ANXIETY

Here are some useful suggestions for coping with the stress and anxiety stemming from a public health emergency:

- Limit your exposure to graphic news stories
 - Get accurate, timely information from credible sources
- Seek out and follow the experts' advice
 - Educate yourself about the specific health hazard
- Maintain your normal daily routine
 - Exercise, eat well and rest
- Stay busy- physically and mentally
 - Communicate with friends, family and supporters
- Use spirituality and your personal beliefs
 - Keep a sense of humor
- Express yourself through writing, poetry, drawing, etc.
 - Talk and share your feelings with others



Excerpted from New Jersey Department of Human Services
Managing the Emotional Consequences of Public Health Emergencies

YOUR PANDEMIC FLU EMERGENCY KIT

As many as 1 in 4 people could get sick during a pandemic, with many of them seriously ill. Services and supplies we count on everyday may not be available. Every individual and family could be on their own, without care, for quite a while. This makes being prepared even more important.

Because everyday life may be different during a pandemic flu and services could be disrupted, make sure you have these items in your emergency preparedness kit.

- Two weeks worth of food for you and your family. This should be food that does not need refrigeration. Foods like canned meats and fish, beans, soups, fruits, and dry goods like flour, salt, and sugar, are good choices.
- Water stored in sealed, unbreakable containers. If water service is disrupted, plan on one gallon for each person for each day, for up to two weeks.
- Two weeks worth of prescription medicines. Be sure to include your doctor's name and telephone number with your prescription.
- Two weeks worth of ibuprofen or acetaminophen (Tylenol) for each person in the house for fever and pain. A two-week supply of cough medicine.
- Rehydration Solution, for example Pedialyte for kids, Gatorade for adults and teens. Please see the small box for instructions to make a rehydration solution for adults to drink. For children, especially infants and toddlers, a store-bought solution is strongly recommended.
- Cell phone and charger.
- Supply of face masks and plastic gloves. These will help protect you, especially if you are taking care of family members who are sick with the disease.
- Disinfectants and chlorine bleach.

You can get more information to make a general Emergency Preparedness Plan and Kit from the American Red Cross. Call 973.538.2160 or visit their web site at www.redcross.org.

