



Pandemic Influenza

What's a School to Do?

Flu, also called influenza, is a contagious viral disease that affects the lungs and airways. Influenza viruses are easily spread from person to person in tiny droplets. These droplets are spread when a person with influenza speaks, coughs, and/or sneezes and sends the flu virus into the air. The virus can enter the nose, throat and lungs of a person and begin to multiply. People can also become infected by touching a contaminated surface, then touching their nose or mouth.

Flu Symptoms

- Fever • Headache • Sore Throat • Body Aches • Cough • Runny Nose •
- Stomach & Intestinal Discomfort • Fatigue

What is the difference between Seasonal flu and Pandemic flu?

❖ Seasonal Flu ❖

Predictable, occurs every year in fall and winter

Some immunity exists

Affects about 10% of population
36,000 deaths annually

Healthy people normally not at risk for life-threatening illness

Health system can accommodate number of ill patients

Annual vaccine available

Economic impact manageable

❖ Pandemic Flu ❖

Unpredictable, occurs rarely
(3 times in 20th century)

Little or no immunity exists

May affect as much as 35% of population
89,000 – 207,000 deaths
over 18-24 months.

Everyone is at risk for serious illness & death

Health system may be overwhelmed with ill patients

Vaccine will not be available in early stages

May cause major economic impact

What can Educators do to help minimize the impact of Pandemic Influenza?

1. Encourage your students and staff to practice good hygiene etiquette
2. Develop a way to track absences. Report unusual absences or larger than expected absences in your school to Central District Health Department Office of Communicable Disease Control at 208 327-8625
3. Develop a housekeeping/classroom cleaning plan
4. Stay informed www.cdhd.idaho.gov

