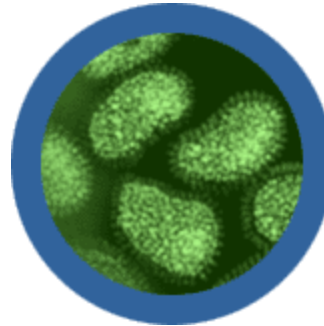




A Union of Professionals

Health and Safety Program

Pandemic Flu



Renton Technical College

Renton Technical College Putting a Plan into Place

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shouldn't
HURT



Acknowledgments

- AFT summer conference committee
- Center for Disease Control
www.cdc.gov/h1n1flu/vaccination/aciip.htm.
- Renton Technical College Allied Health Department
- RFT executive committee

Please note the presentation has been modified to address the needs of RTC faculty, staff and administration





Objectives



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- By the end of this presentation, you will:
 - Know the difference between a pandemic and an epidemic event
 - Identify the modes of transmission of influenza and the means to protect yourself from exposure
 - Understand the potential consequences of a pandemic outbreak
 - Understand difference between seasonal and H1N1 flu
 - Understand how to prevent and manage H1N1
 - Understand what to do as a faculty/staff member

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What is a pandemic?

- Epidemic
 - Disproportionately large number of individuals within a population, community, or region at the same time
- Pandemic
 - Occurring over a wide geographic area and affecting an exceptionally high proportion of the population



Seasonal Influenza

- 30,000 people die every year from influenza or complications of influenza.
- Some viruses and bacteria can live from 20 minutes up to 2 hours or more on fomites.
 - 50,000 to 100,000 excess hospital admissions
 - 50% of hospitalized influenza patients are over the age of 65
 - 30,000 people die every year from influenza or complications of influenza



Every Year...

- The direct costs of seasonal influenza on the US economy (healthcare costs, lost time employment etc. are about 1 billion dollars a year
- The indirect costs can exceed 4 billion dollars/year
- The influenza season is September through February



Modes of Transmission

- Droplets
- Airborne particles
- Fomites



Vaccination
Culture

Fewer than 50%
get vaccinated
now



Preventing Seasonal Flu



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- **Vaccination is the single best way to prevent the flu** available at Bartells, Safeway, QFC, community health
- One immunization per year
- Seasonal flu is the top three viruses world wide the previous year and is a live virus
- Recommended for children, adults and elder particularly those with other health conditions

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Social Habits to prevent or reduce infection

- Other habits include:
 - Social distancing
 - Stay home when you are sick
 - Cover your mouth and nose
 - Avoid touching your eyes, nose or mouth
 - Wash your hands – soap & water (or alcohol gel)
 - Practice other good health habits



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*H1N1 Novel Influenza A
“swine flu” it is not
from an animal or from
eating pork!*

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Week Ending July 11, 2009

- **U.S. cases & deaths**
 - **55 States and Territories reporting**
 - **40,617 cases**
 - **263 deaths**



Pandemic Impact



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- 25 – 35 % of the population affected
- High absenteeism
- Challenges getting to / from worksite
- Psychological impacts on workforce will be extreme
- Economic losses will be long term
- Schools and colleges will be closed-
currently King County is NOT
RECOMMENDING SCHOOL CLOSURES THAT
WILL BE UP TO INDIVIDUAL SCHOOLS

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Protections at School/Work:

- **CDC Recommends to:**
 - Wash their hands frequently with soap and water or with hand sanitizer if there is no soap or water available.
 - Avoid touching their noses, mouths, and eyes.
 - Cover their coughs and sneezes with a tissue, or to cough and sneeze into their upper sleeves if tissues are not available.
 - Practice social distancing by maintaining a separation of at least 6 feet from other staff, students and the public.



Protections at Work: Other recommendations

- Sink locations and restrooms should be stocked with soap, paper towels or working hand dryers.
- Commonly touched surfaces such as door handles, handrails, eating surfaces, desks, etc., should be cleaned at least daily.

Standard cleaning products are adequate (including soap and water), most important is the frequency of cleaning.



H1N1 symptoms and Recommendations CDC

- **Know the signs and symptoms of the flu.**
- A fever that is equal to or greater than 100 degrees Fahrenheit or 38 degrees Celsius.
- Look for possible signs of fever: if the person feels very warm, has a flushed appearance, or is sweating or shivering.



H1N1 symptoms and Recommendations CDC



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- **Stay home if you have flu or flu-like illness for at least 24 hours after you no longer have a fever** (100 degrees Fahrenheit or 38 degrees Celsius) or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating). This should be determined without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen). Don't go to class or work.

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Immunization for H1N1 per CDC

- Current Recommendation is one immunization available late September or early October
- Children, young people, pregnant women and those with health conditions (such as asthma, heart disease, or diabetes). For more information about priority groups for vaccination, visit www.cdc.gov/h1n1flu/vaccination/aciip.htm



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Plan Ahead

- 7-14 days you could be out sick
- Stock up on liquids and easy to prepare foods
- Plan 2-3 weeks of course work for you and your students in advance

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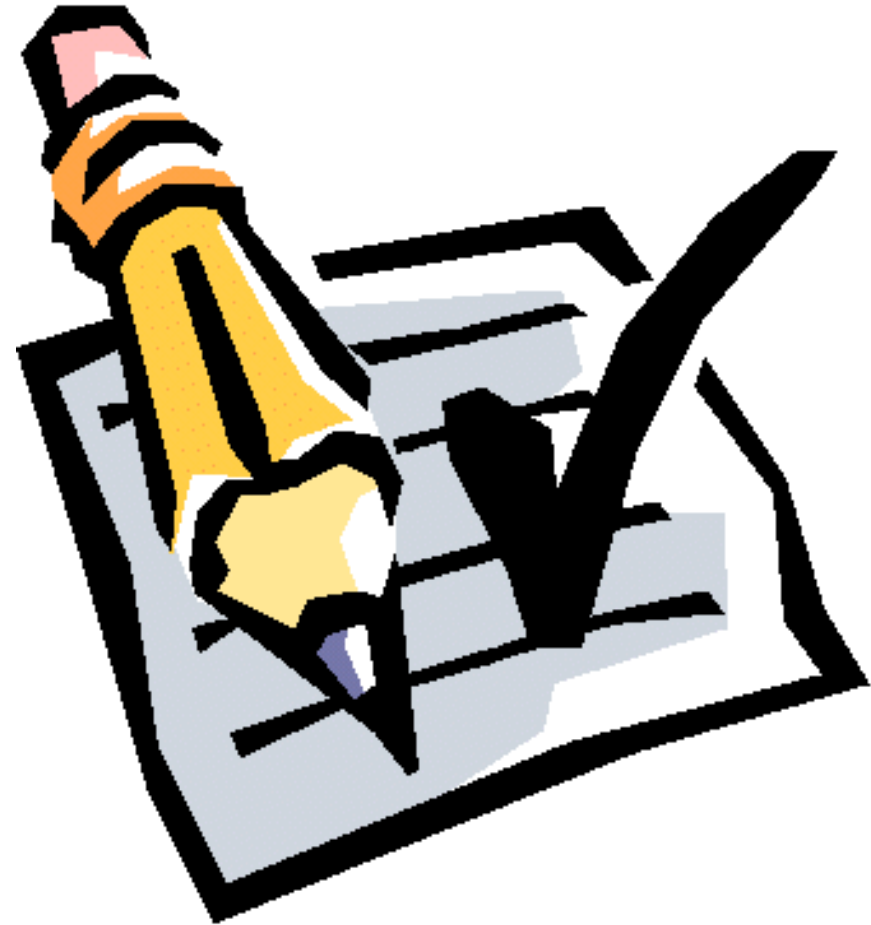
What's in Your Plan?



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WATCH THE RTC WEB SITE FOR
UPDATES AND POLICIES FOR
YOU AND YOUR STUDENTS

WASH, AND WASH YOUR
HANDS ☺



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