2009-10 Flu Season: Personal Planning

This flu season is likely to be very challenging. Because of the new H1N1 flu virus, we expect many people to become ill, more than in a typical flu season. If you prepare now for possible changes to the norm – more patients, longer hours, co-workers out sick, childcare closings – you'll thank yourself later for the time you spend now getting ready.

The questions below are designed to help you and your family prepare for flu season.

My Family's Health

Do you or anyone in your family have the following health conditions?

❒ Pregnant or planning a pregnancy this fall or winter   ❒ Weakened immune system
❒ Asthma, COPD or other chronic lung disease   ❒ Heart Disease
❒ Morbid Obesity (BMI over 40)   ❒ Diabetes

If you checked any of the boxes above, you are in a group that is at higher risk of having a more severe case of the flu. What steps might you and your family take to minimize risk of flu? _____
_____
_____

My Work Responsibilities

If I am out of work because I am ill or caring for someone who is ill…

❒ At least two other people in my department know how to do most parts of my job.
❒ I have left written instructions so that others can take over details of my job, such as

- Where specific items, like keys or supplies, are kept
- How to run any special computer programs or equipment I usually take care of
- Who is designated to assume any special authorities, such as approving expenses or other supervisory tasks

❒ I have updated my contact information on the disaster call-back list.
❒ I keep a change of clothes in my locker/car/office in case I have to work longer hours.
❒ I have talked with my supervisor about my family responsibilities that might affect my work.

Do you ride with someone else to get to work? ❒ I have a back-up plan in case that person is ill.

What steps might you take first to be sure that your co-workers are prepared in case you are out of work because of illness? _____
_____

My Family Responsibilities

I have care giving responsibilities for   and I have a back-up caregiver

❒ child/children………………………………………………………..❒ Yes ❒ No
❒ a family member who is elderly or has a disability……. ❒ Yes ❒ No
❒ pets or other animals…………………………………………………❒ Yes ❒ No

❒ I have supplies at home to take care of my family if they become ill (see other side).
❒ I have talked with my family about my work responsibilities and how they may change during flu season.

What steps might you take first to be sure that your family is taken care of and prepared for flu season?
_____
_____

This page was designed by the Planning Section of the ARMC Hospital Incident Command Team in August 2009 and supported by ARMC Public Relations.

Don't wait…get this stuff now.

You'll be glad you have it if someone in your family becomes ill.

- Over-the-counter medicines (fever reducers, cough drops, etc.)
- Liquid soap and/or alcohol-based hand cleaners for hand washing
- Tissues
- Prescription medications that are taken regularly – make sure you have a good supply
- Canned soups, hydration fluids (such as Pedialyte), etc.
- Facemasks (for use by the sick person when around other people)
- Laundry soap and bleach for bed linens, also to properly launder work scrubs

And while you're at the store—make sure your 3-day emergency preparedness kit is stocked up so you're ready for anything (hurricanes, ice storm, or even an evacuation):

- 3 gallons of water per person
- 3-day supply of non-perishable food
- Can opener
- Radio, flashlights and batteries
- First aid kit
- Prescription medications
- Glasses or contacts
- Infant formula and diapers, other baby needs
- Pet food and water
- Sleeping bags/warm blankets
- Cash or traveler's checks
- Personal hygiene items like tampons
- Copies of important documents: identification, insurance policies
- Complete change of clothing per person
- Paper plates, plastic utensils
- Paper towels
- Books and games for adults and kids

Want to know more about the new flu?

Try these websites:

www.cdc.gov/h1n1flu

www.flu.gov

http://www.epi.state.nc.us/epi/gcdc/flu.html

www.alamanceflu.com