




# What can you do?

You can best protect yourself and your family by:

- ✓ Getting vaccinated for influenza, depending on your doctor's advice. 
- ✓ Wash your hands often, with soap and water. 
- ✓ Cover your cough and sneezes. 
- ✓ If you do become ill, consider working from home or staying home from work or school rather than potentially infecting co-workers, customers or students.
- ✓ Put together a 3-5 day supply kit that includes food, water, medications, batteries, a battery powered radio, etc.
- ✓ Make a family plan. Prepare for possibility of needing to stay home for several days or weeks.
- ✓ Stay up-to-date on current influenza information. Important resources are available on the back of this brochure.

*Public Health... Everyday, Everywhere, Everyone*

## For more information:

**Jefferson County Public Health**  
[www.jeffco.us/health](http://www.jeffco.us/health)

**Colorado Department of Public Health and Environment**  
[www.cdph.state.co.us](http://www.cdph.state.co.us)

**Centers for Disease Control and Prevention**  
[www.cdc.gov](http://www.cdc.gov)

**Ready Colorado**  
[www.readycolorado.gov](http://www.readycolorado.gov)

**American Red Cross**  
[www.preparecolorado.org](http://www.preparecolorado.org)

**U.S. Government Avian and Pandemic Information**  
[www.pandemicflu.gov](http://www.pandemicflu.gov)

**COHELP 1-877-462-2911**  
**Colorado Health Emergency Line for the Public**

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**Jefferson County Public Health**

Arvada Lakewood  
Golden

(303) 232-6301

[www.jeffco.us/health](http://www.jeffco.us/health)  
May 2011



## What you need to know about...

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### Avian

### Pandemic

### Seasonal

## Influenzas (Flu)

**Jefferson County Public Health**  
303-232-6301  
[www.jeffco.us/health](http://www.jeffco.us/health)

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# Seasonal Flu

## What is it?

Seasonal human influenza, commonly known as the “flu,” is a contagious respiratory illness that usually occurs during the winter months. It can cause mild to severe illness and is responsible for up to 36,000 deaths each year in the U.S.

### Symptoms:

Seasonal flu symptoms include high fever, head-ache, extreme tiredness, dry cough and sore throat. People can spread the virus beginning 1 day before symptoms develop and up to 5 days after becoming sick. This means the flu can be passed to someone else before symptoms appear, as well as when the infected person is sick.



### How it is spread:

Seasonal flu spreads easily from person to person via respiratory droplets made airborne by coughing and sneezing. People can also become infected by touching something with flu viruses on it and then touching their mouth or nose.

*The best way to prevent the flu is to get a flu shot every year and practice healthy habits such as frequent handwashing, covering your cough and sneeze and staying home when ill.*

# Avian Flu

## What is it?

Avian influenza, commonly known as “bird flu,” is caused by a virus that primarily affects birds. There are many strains of avian influenza existing naturally in wild birds. The wild birds carry the virus in their intestines but usually do not get sick from them. However, avian flu is very contagious among birds and some strains are a serious threat to domestic poultry (such as chickens, turkeys, ducks).



### H5N1 Strain:

The H5N1 outbreak of bird flu currently affecting Asia and Europe is highly deadly to poultry and threatens the poultry industry worldwide.

**H5N1 has not yet been found in birds in the U. S.**

H5N1 avian virus does not usually infect people, but infections have occurred and caused death in people who had direct and close contact with H5N1-infected poultry or H5N1-contaminated surfaces.

### Primary Concern:

- H5N1 thus far does not have the ability to spread easily from person to person. If the virus mutates or changes further, it could gain this ability and spread quickly in the human population. This could result in a worldwide outbreak, or *pandemic*.

*This is an evolving situation. Currently, there is no adequate vaccine available.*

# Pandemic Flu

## What is it?

Pandemic flu is a global outbreak of influenza disease that occurs when a new influenza A virus appears in the human population, causes serious illness, and then spreads easily from person to person worldwide.

**Currently there is no pandemic flu.**

Because pandemic flu would be a new “emerging” virus there would be little or no immunity in the population



and no vaccine immediately available. Due to the highly infectious nature of such a new virus, experts warn that the number of persons affected could be high, as in the 1918 pandemic, which caused more than 500,000 deaths in the U.S. alone.

### Public Health Response will include:

- Prioritizing who will receive medications first when they become available.
- Implementing isolation and quarantine
- Setting up mass vaccine clinics called PODs or Points of Dispensing Sites.
- Jefferson County will receive medications or vaccines from the federal government’s Centers for Disease Control and Prevention and disbursed through the Colorado Department of Public Health and Environment.

## Isolation and Quarantine

If pandemic influenza were to occur, there is the possibility that “social distancing” strategies will be implemented to prevent spread of disease. This could include such measures as closing schools, theatres, public gatherings, etc. This could be expanded to include the public health strategies of isolation and quarantine.

- **Isolation** is the separation and restriction of movement or activities of persons who are infected with a contagious disease and are **ill or showing symptoms**. Isolation is intended to prevent the ill person from transmitting disease to others and will last until the person is no longer has symptoms.
- **Quarantine** is the separation and restriction of movement or activities of persons who are not ill but are believed to have been exposed to infection. Quarantine is intended to prevent persons thought to have been exposed to a contagious disease from transmitting disease to others. Quarantine is required until the incubation period is over. Quarantine may change to isolation if the person develops symptoms and becomes ill.

**Local Health Departments have the authority to “establish, maintain, and enforce isolation and quarantine...and to exercise such physical control over property and the persons of the people within this state...” (Colorado Revised Statute 25-1.5-102 (1)(c).**