

Course Goals

This course is designed as a general overview of what can be done at home for patients suffering from influenza while protecting yourself and other family members from the illness.

It is intended for anyone who may need to care for themselves or someone else during a flu pandemic.

Since hospitals will likely be overwhelmed, it is extremely important for people to be able to care for themselves and their loved ones at home.



This course has been developed by the Mid Ohio Valley Health Department's Hospital Pandemic Planning Committee. The committee is made up of representatives from Camden-Clark Memorial Hospital, HealthSouth Western Hills, Mid Ohio Valley Health Department, Minnie Hamilton Health System, Roane General Hospital, St. Joseph's Hospital and individuals from the volunteer and professional community.

We wish to acknowledge Gratton Woodson, M.D., FACP who authored the course workbook, *Good Home Treatment of Influenza*.

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Good Home Treatment of Influenza



A public education class provided at no cost by

**Mid Ohio Valley
Medical Reserve Corps**

For information on when classes will be held or to schedule a class for your business or organization call 304-485-7493

Facts about a “flu” Pandemic

A Pandemic Flu virus will be easily spread from person to person and may cause severe illness. This will occur over an extended period of time, or what is referred to as ‘waves’. Each wave may last from 6 to 8 weeks.

A severe Pandemic may cause illness in a large segment of the population. Should this occur, many aspects of everyday life will be disrupted. Possible impacts would be school and business closures, interruption of basic services, and the discouragement of public gatherings.

Also, a severe Pandemic will result in many people needing medical care. This may exhaust resources, such as hospital beds, hospital staff, and medical supplies. The need for vaccine will likely exceed the available supply.

In short, a severe Pandemic Influenza will require a unified response from the healthcare community, government, emergency response agencies, volunteer organizations, and the general public.

The class will cover:

Flu Terms Defined

- Seasonal
- Avian
- Pandemic

Prevention and Containment

- Proper hand washing
- Disinfection/Sanitizing
- Handling soiled linens
- Handling body fluids
- Protective Clothing

Symptoms/treatments

- Fever
- Cough
- Sore Throat
- Congestion
- Dehydration
- Vomiting/diarrhea
- Headache
- Shortness of Breath

Supplies you will need from the

- Grocery Store
- Drug Store
- Hardware Store

Recipes* for

- Oral Rehydration Solution
- Disinfecting Solution
- Salt & Soda Nasal Solution

*all of which can be made using ordinary household products

Flu Terms Defined

Seasonal (or common) flu is a respiratory illness that can be transmitted from person to person. Most people have some immunity and a vaccine is available.

Pandemic flu is a virulent human flu that causes a global outbreak, or pandemic, of serious illness. Because there is little natural immunity, the disease can spread easily from person to person.

Avian (or bird) flu is caused by influenza viruses that occur naturally among wild birds. The H5N1 variant is deadly to domestic fowl and can be transmitted from birds to humans. There is no human immunity and no vaccine is available.

