






FACTS ABOUT PANDEMIC FLU

-  Pandemic flu is a worldwide outbreak of flu (respiratory illness) that occurs when a new type of influenza virus appears that people have not been exposed to before or have not been exposed to in a long time.
-  In the last century, there have been three flu pandemics. When a pandemic starts, everyone around the world could be at risk. The effects of a pandemic can be lessened if you prepare ahead of time. There is no pandemic flu in the United States now.
-  A pandemic would touch everyone. Everyone has a role to play in the event of a pandemic and everyone needs to be prepared.
-  Schools, child care homes and centers may be closed for an extended period of time. Contra Costa Health Services will monitor the illness in the public schools and keep the community informed through radio, television, local newspapers and online at www.cchealth.org. Other important services may also be affected, such as grocery stores, transportation, ATMs and banks.
-  There are ways to prevent the spread of pandemic flu and to stay healthy, such as covering your cough and washing your hands often.

How Does Seasonal Flu Differ From Pandemic Flu?

Seasonal Flu	Pandemic Flu
Occurs every year, usually in winter	Occurs rarely
Usually some immunity built up from past exposure	No past exposure; little or no immunity
Most serious illness seen in very young and very old	All people are at risk for becoming seriously ill
Health providers and hospitals can usually meet public and patient needs	Health providers and hospitals may be overwhelmed
Usually enough vaccine for people who need it	Vaccine probably would not be available
About 36,000 people die each year in the U.S.	Number of deaths could be very high
Symptoms: fever, cough, headache and muscle pain	Symptoms: may be similar, but complications will be more frequent

Stay informed. Knowing the facts is the best preparation.
Reliable, accurate and timely information is available
online at www.cchealth.org, or by calling 1-888-959-9911
or 1-800-CDC-INFO (232-4636).

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