

Village of Spring Grove Pandemic Influenza Planning

Everybody Needs A Plan

Please Join Us For
More Information!

**VILLAGE
TOWN HALL
MEETING:**

**APRIL 30, 2007
6:00PM—7:00PM**

**TO BE HELD AT
SPRING GROVE
ELEMENTARY
SCHOOL
GYMNASIUM
2018 MAIN STREET
SPRING GROVE**

Inside this issue:

Prevent The Spread 2

What To Do... 3

3 P's 3

Where To Find More Info. 4

Family Worksheet **Insert**

Emergency preparedness means being ready if a disaster or emergency strikes. It is important to know what we can expect and how we will respond before an event. The Village of Spring Grove has teamed up with the McHenry County Department of Health for preparing for the possible impact of an influenza pandemic. Most health experts believe Avian Influenza (bird flu) could be the trigger to cause the next

pandemic. If this virus mutates into a form that can be easily passed from person to person, there will be little natural immunity. It could affect people at a rapid rate and cause widespread illness and death. The Centers for Disease Control and Prevention (CDC) estimates that 25% to 30% of the United States Population could be infected by a flu pandemic. Get involved! Everyone should be involved in preparedness

activities because so many citizens will be touched by a pandemic. Schools, businesses, healthcare, individuals and families should plan now to safeguard against the threat and lessen the impact. The strongest protection is in preparation at the local level, by local people. Prepare yourself and your family – start today!

Historical Perspective

Influenza pandemics typically happen every 10 to 40 years. While no one knows for sure when the next pandemic will occur, experts agree that we are overdue since the last pandemic was in 1968. In the 20th century, there were three flu pandemics:

1918-19 Pandemic: (Spanish Flu)

1957-58 Pandemic: (Asian Flu)

1968-69 Pandemic: (Hong Kong Flu)

Pandemics occur in waves,

separated by weeks with no new cases. On January 16, 1919, Christ Pfeiffer of Crystal Lake returned home after serving in southern France in World War I. The happiness of his return was quickly interrupted when four members of his family became ill with the Spanish Flu and passed away within a week. The pandemic flu arrived in McHenry County at the same time as it did in the rest of the country. Residents read reports in August 1918 of military

bases overwhelmed by the flu. Camp Funston in Kansas reported 100 soldiers sick in just one day. There was local concern because McHenry County residents were enlisting for World War I and being transported to Camp Grant in Rockford, which was the largest military training facility for the Midwest. Camp Grant reported 115 soldiers dead within a 24 hour period due to the Spanish flu.

Plans For Problems

Proper hand washing is important! Washing your hands the right way is one of the best ways to avoid getting sick! Do you know how to wash your hands correctly?

Wet your hands with warm water

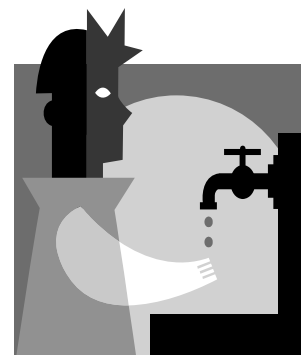
Apply soap

Scrub hands for 20 seconds – that's the amount of time it would take you to sing "Happy Birthday" twice!

Don't forget to clean under your nails, in between your fingers and on the back of your hands too.

Rinse all of the soap off of your hands.

Dry your hands with a paper towel. Remember that you should wash your hands after you sneeze or cough; after using the bathroom; before you eat and before you touch your eyes, nose or mouth!



Prevent The Spread

Follow these simple steps to limit the spread of any virus, including those causing Influenza (both seasonal and pandemic).

Cover Your Coughs & Sneezes:

Cover your mouth and nose with a tissue when you cough or sneeze. If you do not have a tissue, cough or sneeze into your elbow, not your hands.

Wash Your Hands:

Wash with warm, soapy water for 20 seconds or use hand sanitizer.

Wash before preparing food or eating and after coughing, sneezing, caring for a sick person, using the bathroom or handling garbage or animal waste.

Keep Your Living & Working Areas Clean:

Clean areas with warm, soapy water or sanitize surfaces with a bleach solution or alcohol.

Keep Your Distance:

Avoid crowds and limit your travel.

Work from home, if able.

Maintain a person space of three feet.

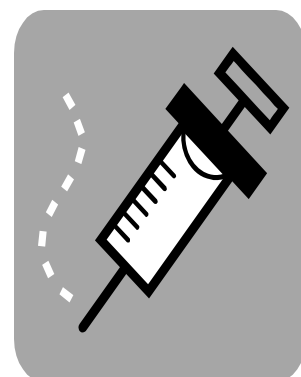
Stay at home if you are sick.

What About A Vaccine?

The emergence of a pandemic influenza virus will require the creation of a new vaccine, which must be modified to match the strain of virus that is circulating. Until a pandemic has begun, medical experts will not know how the virus has mutated, which strain is causing the pandemic and with which strain to

produce the vaccine. Currently, the influenza vaccine production process is long and complicated; it could take up to nine months for a vaccine to be ready for distribution. It is important to remember that a vaccine will not be ready when the pandemic starts, and when it is available it will be on a

very limited basis. Manufacturers are working on improving production capabilities and have recently developed an experimental vaccine that may help against possible H5N1 mutations.



What To Do If Somebody Gets Sick

If somebody in your house becomes ill during a pandemic, here are some instructions you can follow to help control the spread of the disease. Visit www.americanredcross.org for additional information.

Seek Medical Advice:

Call your doctor for advice on treating the ill person. If immediate medical attention is needed, call 911 or take the person to the nearest emergency room. Because hospitals may be overwhelmed, you may need to take care of the ill person at home. Be sure to have supplies on hand.

Do Not Take The Person Out of the House:

Unless going to a medical appointment, the ill person should be kept at home. This includes not allowing the person to go to work, school, or religious services. The ill person should be separated from the rest of the household and outside visitors. Contact your healthcare provider if any

other members of your household develop fever, chills, sore throat, headache or muscle aches.

Encourage The Ill Person To Take The Time To Get Better:

It may take a person ill with the flu up to 2 weeks to feel better. Make sure the ill person eats healthy, drinks plenty of liquids and gets plenty of rest. If medication is prescribed, it should be taken as directed by the doctor.

Practice Good Infection Control:

A clean environment is essential to prevent germs from spreading. Clean surfaces and commonly shared items like doorknobs and handles, toilet seats, faucets, light switches, toys, remote controls and telephones daily. Protective masks should be worn by the sick person and by the caretaker.

Plan - Prepare - Protect

A pandemic may last for an extended period of time and services that you count on may be disrupted. Although no one is sure if or when a pandemic will happen, there is still much that you can do to start preparing now.

** Individual and Family Preparedness:*

Make an emergency plan and create a kit (with a stockpile of food and water for 6 to 12 weeks).

** Schools and Daycares:*

Ask what their plan is and plan for what would you do if school / daycare is cancelled.

** Business Owner and Employee:*

Ask about your sick leave policy. Can you take time off to care for family members? Do you have cash if your business is shut down? Can you work different shifts or work from home to avoid contact with others?

** Volunteer:*

Help your community by joining the Medical Reserve Corps. Contact McHenry County Department of Health at 815-334-4510 for more information.

Remember the
3 P's

Plan
Prepare
Protect

PRST STD
U.S. POSTAGE PAID
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SPRING GROVE, IL 60081

Village of Spring Grove

7401 Meyer Road
Spring Grove, IL 60081
815.675.2121

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Department of
Health.**

Where To Find More Information

Getting the Latest Information:

In the event of a public health emergency, tune to Star 105.5 Radio or read the Northwest Herald Newspaper for the latest county specific information and special instructions.

Where to Find More Information:

McHenry County Department of Health (815) 334-4510
www.mcdhprepare.info

US Department of Health & Human Services:
www.pandemicflue.gov

Centers for Disease Control & Prevention:
www.cdc.gov

Illinois Department of Public Health:
www.idph.state.il.us

Local Hospital Information:

Centegra Northern Illinois Medical Center (815) 344-5000
www.centegra.org

Centegra Memorial Medical Center (815) 338-2500 www.centegra.org

Mercy Harvard Hospital (815) 943-5431
www.mercyhealthsystem.org

Ready America
www.ready.gov

Family Preparedness Worksheet

Make sure your family has a plan in case of emergency. Before an emergency happens, sit down together and decide how you will get in contact with each other, where you will go and what you will do in an emergency. Keep a copy of this plan in your emergency supply kit or another safe place where you can access it in the event of a disaster.

IMPORTANT PHONE NUMBERS

Dad At Work: _____

Mom At Work: _____

Emergency Relative Name: _____

Phone Number: _____

Family Physician: _____

Phone Number: _____

Medical Insurance Info.: _____

Homeowners / Rental Insurance: _____

Child / Sr. Care Provider: _____

Phone Number: _____

SUPPLY CHECKLIST

Canned Meat / Fish	_____	Canned Fruit	_____
Canned Vegetables	_____	Protein Bars	_____
Fruit Bars	_____	Cereal / Granola	_____
Peanut Butter	_____	Crackers	_____
Baby Food	_____	Pet Food	_____
Nutritional Supplements	_____	Infant Formula	_____
Water (14 day supply)	_____	Other	_____
Flashlights	_____	Batteries	_____
Manual Can Opener	_____	Portable Radio	_____
Garbage Bags	_____	Diapers	_____
Tissues	_____	Toilet Paper	_____
Cash or Travelers Checks	_____		
Stomach Remedies	_____	Pain Relievers	_____
Electrolyte Fluids	_____	Cough/Cold Meds.	_____
Thermometer	_____	Vitamins	_____
Soap	_____	Prescription Meds.	_____
Waterless Hand Sanitizer	_____	Other	_____

FAMILY FACT SHEET:

Full Name: _____
Date of Birth _____
Blood Type _____
Allergies _____
Medications _____

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Date of Birth _____
Blood Type _____
Allergies _____
Medications _____

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