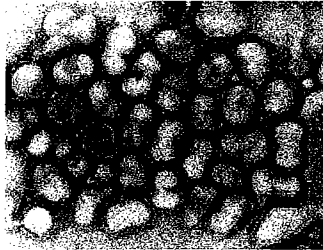


City of Long Beach Update on Influenza and Pandemic Response Plan



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Definitions

- Pandemic: global outbreak of disease
- Epidemic: local outbreak of disease
- Influenza pandemic: a global outbreak with a strain of influenza that has not previously caused disease in humans (an avian type of influenza), **and** is easily transmitted from person to person
 - Typically occurs about every 30 – 35 years
 - Last pandemic was in 1968



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Definitions (cont.)

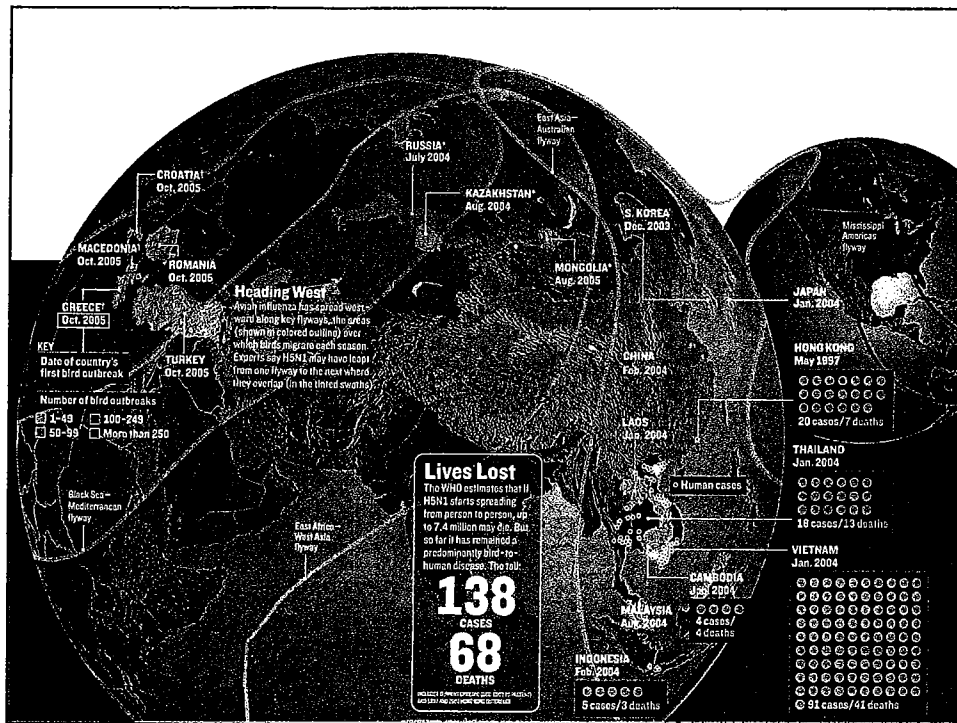
- Avian (bird) flu:
 - A strain of influenza that predominantly infects birds
 - Some types may occasionally infect humans who have close exposure to birds
- Influenza H₅N₁: the current strain of bird flu that is affecting numerous birds in Asia and spreading to other countries



Why Are We Concerned About H₅N₁?

- Largest outbreak of avian influenza in history
- “Silent reservoir” in ducks and other migratory waterfowl, who excrete large quantities of virus, but do not become sick
- Expanding geographical involvement and host range (more types of birds and mammals infected)
- High mortality in human cases to date





Influenza A H₅N₁: Human Cases

- Cases acquired through contact with infected birds
- First caused human disease in Hong Kong in 1997 (20 people infected, 7 died)
- From Dec. 2003 to November 14, 2005, there have been 126 people infected with 64 deaths in 4 countries
- Is affecting young, healthy people



Will H₅N₁ Cause the Next Flu Pandemic?

- NOBODY KNOWS!
- Currently, the virus does not pass easily from person-to-person (isolated incidences of person-to-person transmission after very close contact with infected patients)
- The virus must mutate to be able to pass easily from person-to-person, and nobody can say if or when (if ever) such a mutation might occur, or how such a mutation may affect the strength of the virus

For now, Bird Flu (H₅N₁) \neq pandemic flu!



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Common Concerns About Bird Flu

- Should I worry about a bird flu pandemic?
 - No; the health department will warn the public if a pandemic is coming
- Is it safe to eat eggs and poultry?
 - Yes; as long as eggs and poultry are adequately cooked, they are no danger to your health
- Should I ask my doctor for Tamiflu?
 - No; we don't know which medications would be useful against a pandemic strain
- Should I get the flu shot to protect me against bird flu?
 - The current flu vaccine does not protect against bird flu, but it does help prevent complications from the current strains of human influenza



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Important Messages for the Community

- Get your flu vaccine if indicated (human influenza causes 200,000 hospitalizations and 36,000 deaths in the US each year; that's a lot more illness than the bird flu!)
- If you're sick, stay home, cover your coughs or sneezes with tissues, and wash your hands frequently
- To avoid flu, wash your hands frequently, stay away from sick people, and take care of yourself (adequate rest, food, etc.)



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Community Pandemic Planning

- Long Beach Influenza Pandemic Response Committee
 - DHHS Epidemiology Committee
 - Hospital Roundtable
 - Community agencies and stakeholders



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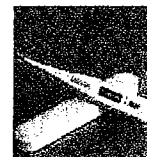
Assumptions

- Experts consider influenza pandemic to be inevitable, but nobody can tell when it will happen or what strain of influenza will cause it
- There may be little warning (1-6 months)
- Vaccine will not be available in initial stages (vaccine development takes 6-8 months)
- Antiviral agents will be in short supply (national stockpile ~ 2.3 million courses)



Epidemiology of Influenza

- Respiratory infection characterized by sudden onset of fever, chills, muscle aches, sore throat, headache
- Spread by contact or large respiratory droplets
- Incubation 1-4 days
- Infectious period:
 - Adults- one day before symptoms through approximately 5 days after illness onset
 - Children > 10 days
 - Immune compromised can shed virus for weeks or months



Declaring an Influenza Pandemic and Local Activation of Pandemic Plan

- World Health Organization (WHO) and Centers for Disease Control (CDC) will declare a pandemic when a new virus is transmitted person-to-person and has caused several outbreaks in more than one country
- CDC will inform State Dept. of Health Services (DHS), who informs local jurisdictions
- Health Officer notifies Department Heads, City Manager, City Council
- Public Health Emergency declared if local area impacted



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Public Health Pandemic Flu Response

- Surveillance and Epidemiology
- Vaccine Delivery
- Antivirals
- Containment Measures
- Risk Communication



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Surveillance Early Detection

- State DHS systems:
 - Outpatient influenza-like illness (ILI)
 - Kaiser inpatient ILI admissions and outpatient antiviral prescriptions
 - Emergency department ILI visits
 - Laboratory surveillance
- Local systems:
 - Laboratory (LBMMC) reports of respiratory viral isolates
 - Outbreaks of influenza in healthcare facilities



Epidemiology

- Evaluate surveillance data
- Analyze data to determine population groups at greatest risk
- Use local and national data to establish priority groups for immunization or antivirals, if available



Vaccine and/or Antiviral Delivery

- Vaccine:
 - Not likely to be available right away, because cannot predict pandemic strain
 - Priority groups would be determined by epidemiology
- Antivirals:
 - Likely to be in short supply
 - Priority groups would be determined
- City Bioterrorism Preparedness Plan includes plans for point-of-dispensing (POD), a system through which large numbers of people could receive needed vaccine or medications quickly



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Containment Measures

- Public information campaign
- Travel advisories
- Voluntary home isolation of cases
- Monitoring of contacts for fever and respiratory symptoms
- Work place controls – exclusion of symptomatic workers
- Monitoring of exposed health care workers



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Containment Measures, cont.

- Respiratory precautions in hospitals and health care setting
- Depending on severity of outbreak, consider:
 - Focused closure of schools and work places with high incidence of influenza-like illness
 - Community-wide suspension of large public gatherings



Risk Communication

- Hospitals
- Physicians
- Laboratories
- Schools
- General Public
- High Risk Groups



Risk Communication Messages for Public

- Avoid close contact with people who are sick
- Stay home when you are sick
- Cover your mouth and nose with tissues when coughing or sneezing
- Wash your hands frequently, or use alcohol gel



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