[](http://www.countyhealthrankings.org)

**SEASONAL FLU vs. PANDEMIC FLU:**

* The flu, also known as influenza, is a contagious respiratory disease caused by influenza viruses.

* The flu season begins every fall and ends every spring; this is called seasonal flu. Seasonal flu is caused by subtypes of the influenza viruses that are already in existence among people.
* The pandemic flu (sometimes called “Pan Flu”) occurs when a new type of flu virus emerges to which people have no resistance. When this happens it can spread more easily from person to person around the world in a very short time, causing serious illness or death.
* Historically, there have been four pandemics of influenza in 1918, 1957, 1968, and 2009. To learn more visit <http://www.flu.gov/pandemic/history/index.html>.
* The exact symptoms of pandemic flu are unknown. However, they are expected to be similar to those of seasonal flu. Symptoms include:

• Fever • Sore throat

• Extreme fatigue • Cough

• Headache • Runny or stuffy nose

• Muscle aches and pains • Nausea, vomiting, and diarrhea

**INSERT LOCAL HEALTH DEPARTMENT CONTACT INFORMATION**

**Michigan Department of Health and Human Services**

**Influenza (The Flu)**

<http://www.michigan.gov/mdhhs/0,5885,7-339-71550_2955_22779---,00.html>

**Michigan Department of Health and Human Services**

**Pandemic Influenza Planning**

<http://www.michigan.gov/mdhhs/0,5885,7-339-71550_2955_22779_40567-138344--,00.html>

**American Red Cross - Pandemic Flu**

<http://www.redcross.org/prepare/disaster/flu>

**Department of Health and Human Services - What is Pandemic Influenza?**

<http://www.flu.gov/pandemic/about/>

**Be Prepared: Protect Your Family and Community Month**

**Pandemic Influenza Preparedness**

**Information Resources:**

**Planning for a Pandemic**

* Store a two-week supply of food that does not require refrigeration, preparation, or cooking. Ensure that formula for infants and any child's or older person's special nutritional needs are a part of your planning. Plan for your pets as well.
* Store a two-week supply of water, 1 gallon of water per person per day, in clean plastic containers. Avoid using containers that will decompose or break, such as milk cartons or glass bottles.
* Ask your health care provider and health insurance provider if you can get an extra supply of your regular prescription drugs and medical supplies, such as glucose monitoring supplies.
* Store a supply of any nonprescription drugs, such as pain relievers, cough and cold medicines, stomach remedies and anti-diarrheal medication, as well as vitamins and fluids.
* Store health and cleaning supplies, such as bleach, tissues, a thermometer, disposable gloves, soap, and alcohol-based hand sanitizers.
* Talk with family members and loved ones about how they would be cared for if they got sick.
* Ask your employer about plans to have staff stay home when they are sick or a family member is sick. Know details on any special considerations regarding sick leave, benefits, and wages if staying home.
* Find out your employer’s plans to keep the business functioning if key staff can’t come to work.
* Ask your child’s school or day care if they plan to encourage sick children to stay home during a flu pandemic or if they will close, requiring children to remain at home.

**Available Services:**

**{INSERT LOCAL SERVICES AVAILABLE}**

**Get Ready Kids’ Guide: Preparing for Pandemic Flu**

<http://www.getreadyforflu.org/kids/pg_kidsguide.htm>

**Planning and Preparedness Guides**

<http://www.flu.gov/planning-preparedness/index.html>