



# Sisters-Camp Sherman R.F.P.D.



## Avian Influenza Newsletter

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### What is Avian Influenza?

Typically influenza is characterized by an abrupt onset of fever, muscles aches, sore throat and nonproductive cough. When there is an outbreak of influenza that affects people over an extensive area, that is considered a pandemic. Flu pandemics are known throughout history. The first recorded was in 1580 when the flu spread from Europe to Asia and Africa. In the twentieth century there were three pandemics which occurred in 1918, 1957, and 1968. The 1918 flu, also known as the Spanish flu, caused the most deaths. Over 500,000 people died in the U.S. and over 20 million died worldwide.

Influenza viruses mutate over time. Some of these changes are gradual and other changes are abrupt. The mutations produce various flu strains which circulate each year. Scientists are able to track the flu virus that changes gradually and develop a vaccine. The flu virus that changes abruptly is nearly impossible for scientists to predict and so no vaccine exists for this type of flu. This type of flu is what usually leads to a pandemic.

Most flu strains originate in Asia where dense human populations live close to birds and pigs. This influenza virus usually develops in ducks and is then transmitted to pigs which then infect humans.

Recently it has been discovered that some strains of flu are transmitted directly from birds to humans. (called the avian flu). In 1997 such a flu led to the necessary slaughter of millions of chickens from Hong Kong.

Unfortunately, it is not a question of if a pandemic flu will occur, but when. The Deschutes County public Health and Sisters-Camp Sherman RFPD as well as many other agencies are preparing for such an event by encouraging key community partners to assess our local capacity to respond, and stockpiling some resources that may be scarce. The Fire Department will be participating in drills and trying to determine what our response will be. We are committed to do all we can in advance to protect the health and welfare of our communities.



### Committee

The Sisters-Camp Sherman RFPD has organized a committee to help determine and plan what the Districts plan for the Avian flu will be.

The committee members are

- David Wheeler
- Jeff Liming
- Steve Ward

If you have any questions or comments please do not hesitate to call us.

#### INSIDE THIS ISSUE:

What is Avian Influenza?	1
EMS Response, Fire Department supplies and Preparedness Personal Preparedness	2
Personal Preparedness cont. The Rest of the Story	3
The Rest of the Story cont.	4

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# EMS Response, Fire Department Supplies and Preparedness

All EMS organizations will be involved in the transport of acutely ill patients with known or suspected pandemic influenza to emergency departments; some of these patients might require mechanical ventilation for life support and/or other lifesaving interventions. Non-emergent (medical) transport organizations will be called upon to transport recovering pandemic influenza patients to their home, residential care facility, or possibly to alternate care sites set up by state or local health departments. Collaborations among hospital, public health and public safety personnel are encouraged for the overall safety and care of the public.

We are working with the Deschutes and Jefferson County Health Departments to decide what the protocols and SOP's will be if we have a pandemic.

The Sisters-Camp Sherman F.D. has already purchased supplies to prepare for the threat of the Bird Flu Pandemic. We have purchased 1200 masks, extra cases of gloves and Tyvek suits and goggles. The Department will most likely purchase additional supplies.

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## Personal Preparedness

In any disaster you should prepare to be on your own for the first 72 hours before help arrives. To make an emergency supplies kit, assemble the items listed below and place them in a water-proof container such as a plastic garbage can. The longer the disaster the more equipment you will need in your kit.

### Water

- Three day supply of water (1 gallon of water per person per day)

### Food

- Three day supply of food per person

Food ideas: canned meat, fruit or vegetables, sugar, salt, flour, peanut butter, granola bars, coffee/tea, powdered milk, canned soup, vitamins, hard candy, infant food or formula, pet food.

### First Aid Supplies

- N-95 mask (one per person or more)
- Ibuprofen
- Acetaminophen
- A first aid kit that contains the following: sterile adhesive bandages, 5x9 sterile dressing, gauze, triangular bandage, 3x3 pads, 4x4 pads, hand sanitizer, antiseptic wipes, gloves, adhesive tape, antibacterial ointment, cold pack, scissors, tweezers, CPR breathing mask, thermometer, antacid, anti-diarrhea medicine.

### Tools and Supplies

- Battery operated radio with extra batteries
- Flashlight with extra batteries
- Non-electric can opener or utility knife
- Whistle
- Waterproof matches
- List of contact names and phone numbers
- Plastic utensils
- Paper plates and cups or mess kits
- Aluminum foil
- Large plastic trash bags
- Duct tape
- Wrench
- Cash

### Sanitation Supplies

- Toilet paper
- Soap or liquid detergent
- Feminine supplies
- Personal hygiene items (toothbrush, toothpaste)
- Infant supplies
- Household bleach

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# Personal Preparedness Continued

## Clothing and Bedding

- One complete change of clothes per person
- Sturdy shoes
- Blankets or sleeping bags

## Special Items

- Medications (ask your physician or pharmacist about storing prescription medications)
- Eye glasses
- Denture supplies
- Contact lenses and supplies
- Important family documents (keep in a waterproof container)

## Additional Items

(these items are not necessary to have in your kit but will improve it.)

- Fire extinguisher
- Pliers
- Hammer
- Screwdrivers
- Knife
- Ax
- Shovel
- Broom
- Compass
- Needle and thread
- Tube tent

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## The Rest of the Story

As Paul Harvey says, Now it is time for the rest of the story. The Avian flu has not mutated as of 6-1-06 and it has been around for approximately 9 years. If the bird flu does mutate and start affecting people the way experts have said it could, this pandemic could rival the flu of 1918. The Oregon flu plan has stated on page 9, Table 3 the following: "In Oregon a moderate pandemic could make 1.17 million people sick, 585,000 outpatient, 11,245 hospitalized, 1,677 in intensive care, 845 with ventilator use and 2,717 deaths. A severe pandemic could cause 128,000 hospitalized, 19,305 in intensive care, 9,646 on ventilator use and 24,700 deaths." This is only for Oregon and is in addition to regular emergency calls (heart problems, car wrecks, etc). The experts are estimating that at least a third of the workforce will be out of work at any one time.

The most common item discussed by experts is time frame. The flu has in the past made three waves through the populace. The flu itself has a peak of 2 to 3 weeks and may go from 3 to 6 months and slow way down then start over. The estimated duration for the flu to go through will be approximately 18 months.

Experts say that a vaccine *could* become available in 6 months. By that time, we could be through the second wave. You need to prepare for at least 3 weeks worth of supplies during the peak of any wave of this pandemic.

One of the ways we can prepare as a Department is to ensure that our personnel are ready at home. If our personnel are not prepared at home, naturally they will take care of their family first before coming to work. The items listed above under Personal Preparedness were taken from the Red Cross Preparedness guide for all types of disasters. Experts have researched previous disasters such as when SARS was in China and Canada and found that during peak waves, emergency responders didn't want to go home and infect their families. Please think and plan ahead in case you are stuck at the fire station for an extended period of time: What will you need? What will your family need?

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## The Rest of the Story Continued

Area businesses will need to look how they will function if their supply deliveries come late or worse, not at all. How will they get food, gas etc.? Please take a look at your supplies at your house and decide if you have what you need for 3 weeks at a time. If we are prepared individually, that helps the community that much more.

Other important preparation ideas are:

- Get an annual flu shot for yourself and your family.
- Practice good hand washing and cough hygiene at all times.
- Maintain and use all protective equipment and supplies.

- Keep abreast of changes locally, regionally, nationally and worldwide.
- Have a plan for your family if a pandemic occurs.

If you have any questions please call. We have additional information available at the station.

Additional information can be found at:

[www.cdc.gov/flu](http://www.cdc.gov/flu)

[www.birdflu.gov](http://www.birdflu.gov)

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

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