

Are You Ready For A Pandemic?

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Informational Facts—What we Know

We are seeing and hearing more about the Avian Influenza A (H5N1) virus and the predictions that it may cause the next global pandemic. The following information will allow community members and their families to make a more informed decision about how to best prepare for a stay at home should this event occur.

“What do they mean by **PANDEMIC**? A pandemic is occurring over a wide geographic area and affecting an exceptionally high proportion of the population (approximately 20%), it will be prevalent over a whole country or the world-which would have devastating affects. The Avian Influenza A (H5N1) virus is believed to be the strain of influenza that will cause the next pandemic. Many Public Health officials have warned that a global pandemic is long overdue. This prediction is based on the historical pattern of the disease, which during the 20th century there were three pandemics. The last one occurred in 1968/1969, which was the Hong Kong Flu.

How quickly will the influenza pandemic spread? Since the influenza virus is highly infectious and can spread rapidly from person to person and if the new virus spreads efficiently the same way, it could quickly travel around the world and cause serious illness or death for millions of people. Experts believe a pandemic influenza virus could reach Canada within two to four months of being detected anywhere in the world, but as we saw with SARS it could be even earlier. It would have its maximum effect on the Canadian population two to five months later. As there is no vaccine for the Avian Influenza A (H5N1) Virus, everyone would be susceptible to infection and illness.

What would be the impact of the Pandemic Influenza on Canada? Normal influenza season affects 5% - 9% of people. The Pandemic influenza could affect 30% - 50% of the Canadian population and be more severe where predicting factors include poor hygiene practices and world travel. The actual number of people sick in the event of a pandemic is unknown, but estimates range between 4.5 to 10.6 million Canadians. Deaths are estimated at 11,000 to 58,000 due to pandemic influenza with the economic impact ranging from 10 to 24 billion dollars.” (1) It is estimated that within the Sunrise Health Region 15%-35% of the residents will be affected by the illness.

(1) A Guide for the Beausoleil First Nation Community, Ontario

What is the Town of Canora doing in preparation for a pandemic?

A number of things are being done within the community such as:

- 1) A Town of Canora Pandemic plan has been completed in a final draft and is to be forwarded for review and subsequent approval to Canora Town Council
- 2) Annual revisions to the plan and information will continue to be available to community residents and their families in order to keep you informed regarding the Town of Canora Pandemic Plan
- 3) “Self Care Packages” including this informational package issued to each household within the Town of Canora
- 4) Public Health is part of a school-based “Influenza-like” illness watch in which student absenteeism is monitored and reported to the Sunrise Health Region
- 5) The annual flu vaccination clinics are held for interested persons
- 6) Public Health will provide population figures from our community to Sunrise Health Region for public vaccines when they become available
- 7) Information sessions will be provided to requesting individuals/organizations or appropriate contacts will be provided for their follow up and questions

This information, along with the 72 Hour Booklet, will allow community residents to prepare and be aware of current pandemic information. This will assist you in planning for any type of emergency should it arise within our community.

Basic steps you can take at home to prepare for a pandemic. These are simple things that are becoming more publicized to allow us to lead healthier life styles.

- 1) Change That Life Style if you haven't already. We have heard lots of talk and promotion on eating healthier, exercise, make sure you get your rest. This helps our bodies stay healthy. A healthy body is able to battle an illness or disease, because it is stronger.
- 2) Get an annual Flu Vaccinations. This of course is a very personal choice and is a recommendation only. In the event you or your family members become ill—**stay at home**. Going to work or school just passes the illness to fellow coworkers and other students.
- 3) **Practice Good Hand Washing Techniques.** This is the simplest yet most effective way to stop the spread of germs and disease. When you touch contaminated surfaces and then touch you face, mouth, eyes and nose—you can become infected or spread germs to others. Good hand washing techniques include:

-using lots of warm water and soap

-“wash” your hands vigorously—use friction, getting between your fingers and under nails

- make sure you make a good lather when washing your hands – about 30

Seconds would be fine, rinsing well and drying when finished

Hand washing with waterless Gel

- apply an amount of gel into the palm of the hand

- make sure you rub the gel into your hands, between fingers, up to your wrists

- ensure you continue to rub your hands together until the gel goes dry

When using a waterless disinfectant remember it does not remove heavy dirt, blood or other materials. Remember if soap and water is available that should be your first remedy to remove heavy soiling (the gel must be alcohol based). Some places will supply small towellette packages, which will work but should be followed by further washing techniques or waterless gel.

- 4) **Washing your hands** should be done when they are dirty and especially when you are finished going to the bathroom
- 5) Wash your hands after blowing your nose or sneezing
- 6) Wash your hands after handling garbage
- 7) Wash your hands after handling raw meats of any kinds
- 8) Wash your hands after handling pets
- 9) Wash your hands **Before and After** you eat, handle food, drink or smoke

Important Points We Need To Remember

- 1) **Have a plan at home for stockpiling food, water and an emergency survival kit** (points will be covered in this package and the 72 Hour Booklet accompanies this informational bulletin as well)

- 2) **Start thinking about your own personal plan for your family and loved ones during a pandemic.** Ensure you plan with your family members so that you communicate what needs to be done and who will be responsible for certain tasks you have planned for.
- 3) **Discuss and agree on a home base.** It should be discussed with any family members where they will decide to reside during a pandemic situation. This will allow you to plan for supplies (food, water) and any essential items you feel are necessary for you and your family.
- 4) **Don't Forget the Pets.** Remember these are just like our family and will depend on you for food and care. Ensure that you plan for their well-being with yours in your family plan.

When we plan for an emergency we need to remember that it can range from a short power outage to a more widespread event such as the ice storms that affected much of Ontario and Quebec with some residents being without power for up to a period of 4-6 weeks. Are you prepared with a plan for you and your family?

Emergency Planning cover Five Steps. They are:

1) **Identifying Risks**

Knowing the risks will help you better plan for them. You may find it helpful to prepare a list of the risks you are most likely to face and think about how they might affect your family. Here are some types of possibilities that communities and members may face:

Natural Phenomena

Pandemic Influenza

Floods

Storm surges

Tornadoes, Hurricanes and blizzards

Hail and Lightening

Freezing rainstorms

Forest Fires

Earthquakes

Technological Failures or Deliberate Acts

Power Outages

Toxic Chemical Spills/Fumes

Terrorism Explosions

Plane Crashes, Ferry sinking

Biological, Radiological, Nuclear Incidents

Train Derailments

You can find out about the most common risks in our region by consulting the Canadian Disaster Database and the Natural Hazards of Canada map at

www.pcepc.gc.ca on the net if you have computer access available.

2) Prepare your Family Emergency Plan

It is important to have a family emergency plan in place **before** an emergency or disaster strikes. Most families have an evacuation plan in place for such things as fires, and would it not make sense to have the same for a possibly larger emergency. Being prepared and having a plan in place will help eliminate or decrease the amount of confusion, fear and stress that family members may feel.

When we know the risks, we can plan better to deal with them

3) Assemble your Emergency Kits

Having essential items on hand will be a great comfort in an emergency. **Try to ensure you have all areas covered.** These should include the following:

Food, water, survival kits (personal/family), sanitary supplies, tools, clothing/bedding, special consideration items and pet supplies.

Your kits can either be as large or small as your needs are and possibly according to the season. Some items within your kit need to be regularly rotated throughout the year. Mark all food and water items with the date of being stored. We have also included a 72 Hour Guide to assist you and your family with these tasks.

4) **Check Your Emergency Plans**

You should be aware and knowledgeable about emergency plans within your community or rural municipality. Know the plan, and ask questions. Is there an evacuation plan in place? Is there an alternate work site in case of emergencies? Do you have to report to work in the event of an emergency? Will your children be going to school during an emergency? Keep important numbers near your phone. Today, Police, Fire and Ambulance can all be dispatched by calling 911. **Should you have questions about your community plan, contact the Emergency Measures Coordinator for your community or rural municipality. Your local town office or R.M. office will be able to provide that information to you.**

5) **Practice as a family at least once a year and review your plan once a year.**

An emergency can happen at any time, and anywhere. Practice and being prepared often helps people feel less disoriented and better organized when an emergency does happen. Updating your plan and checking the contents of your emergency and personal kits will help eliminate outdated materials and resources.

Whatever the emergency, whether is is natural, or human induced, always be prepared in order to care for yourself and your loved ones.

Water Supply

In any such emergency, having an ample supply of clean water is a top priority, for drinking, food preparation and hygiene. The Town of Canora has a reservoir that is able to contain water for use from 3-4.5 days (depending on the usage). The Town of Canora has also purchased a generator to ensure that should there be a power outage, the water contained in the reservoirs can reach your home. But, when planning for emergencies that may span a longer period of time these are some of the recommendations to follow.

- 1) Current recommendations are to store at least **4 litres of water per person and pet per day**, 2 for drinking and 2 for food preparation, hygiene and dish washing.

***A hot environment, intense physical activity or illness can dramatically increase the amount of water that a person needs to drink*

- 2) Current recommendation is to store at least a two-week supply of water for each member of your family
- 3) Take into consideration that children, nursing mothers and ill people need more water
- 4) Remember that you will also need water for food preparation and possibly hygiene

- 5) If supplies run low, never ration water and drink the amount you need today and try to find more for tomorrow
- 6) You can minimize the amount of water your body needs by reducing activity and staying cool

How and Where To Store Water

- 1) In a cool, dark place in your home, each vehicle and your workplace
- 2) Preferably in store-bought, factory sealed water containers
- 3) Alternately, in food-grade quality containers made for storing water and available from sporting goods and surplus stores and other retailers. These containers must be thoroughly washed, sanitized and rinsed, and the water you store in them, if it's from your tap, may need to be treated before being stored.

WAYS TO MAKE OUTDOOR WATER SAFER

****REMEMBER** These instructions are NOT for treating water to be stored, only for emergencies when no other water is available.**

Untreated water can make you very sick. Besides having a bad odor or taste, it can contain toxic chemicals and germs that cause such diseases as dysentery, typhoid and hepatitis. Before drinking outdoor water, using it in food preparation, or for hygiene, you need to make it safe to use. There are many ways to purify water. There is no method that is perfect but often the best solution is a combination of methods.

Two easy purification methods are outlined below. **These measures will kill most microbes but will not remove other contaminants such as heavy metals, salts and most other chemicals.** Before purifying, let any suspended particles settle to the bottom, or strain them through layers of paper towels, a clean cloth or a coffee filter.

BOILING

Boiling is the safest method of purifying water. **Bring water to a rolling boil for 3-5 minutes,** keeping in mind that some water will evaporate. Let the water cool before drinking. Boiled water will taste better if you put oxygen back into it by pouring water back and forth between two clean containers. This will also improve the taste of stored water.

DISINFECTION/CHLORINATING OF WATER

You can use household liquid bleach to kill microorganisms. Use only regular liquid bleach that contains **5.25 to 6.0 percent sodium hypochlorite** (listed on the label) as it's only active ingredient. **Do not use** scented bleaches, color-safe bleaches or bleaches with added cleaners. Add 16 drops (1/8 teaspoon) of bleach per one (1) gallon (approximately 3.7843 litres) of water in a large pot or kettle. Let stand for thirty (30) minutes. If the water does not have a slight bleach odor, repeat the dosage and let stand for another fifteen (15) minutes. If it still does not smell of chlorine, find another source of water and start over.

****The only agent used to purify water should be household liquid bleach. Other chemicals, such as iodine or water treatment products sold at camping or surplus stores that do not contain 5.25 percent sodium hypochlorine as the only active ingredient, are not recommended and should not be used.****

DISTILLATION

Distillation involves boiling water and then collecting the vapor that condenses back to water. The condensed vapor will not include salt and other impurities. To distill, fill a pot halfway with water. Tie a put to the handle of the pot's lid so that the cup will hand right-side-up when the lid is upside down (make sure the cup is not dangling into the water) and boil the water for twenty (20) minutes. The water that drips from the lid into the cup is distilled.

****PLEASE REMEMBER**that none of these methods are perfect. The best solution is to use all of them. Boiling and disinfecting/chlorination will kill most microbes but will not remove other contaminants such as heavy metals, salts and most other chemicals. Distillation will kill or remove most of any remaining contaminates.**

AVOID USING

- 1) Store bought water past the expiration or "use by" date on the container
- 2) Containers that can't be tightly sealed
- 3) Containers that have ever held any toxic substance
- 4) Plastic milk bottles and carton. They are difficult to clean and break down over time

DO

- 1) **Change stored water every six months—you can rotate your supply. Remember to replace before you use the existing stored materials.**

FOOD SUPPLIES

Even though it is unlikely that an emergency would cut off your food supply for several months, you should prepare a supply that will last that long. The easiest way to develop a three month stockpile is to increase the amount of basic foods you normally keep on your shelves. During and after a disaster, it will be vital that you and your household (including your pets) have enough food and eat enough to maintain your health and strength.

STORAGE TIPS

- 1) Store foods that you eat regularly. **Food that require no refrigeration and little-to-no preparation are best.** Include vitamin, mineral and protein supplements to ensure adequate nutrition
- 2) Store enough food for three months. It is better to have extra you can share than to run out. Individuals with special diets and allergies will need particular attention as well as babies, toddlers, ill and elderly people. Nursing mothers may need liquid formula, in case they are unable to nurse. Canned dietetic foods, juice and soups may be helpful for the ill or elderly community members.
- 3) Make sure you have a manual can opener and disposable utensils
- 4) Open food containers carefully so that, if possibly, you can close them tightly after each use

HOW AND WHERE TO STORE FOOD SUPPLIES

- 1) Keep food in a dry, cool spot, out of the sun if possible
- 2) Keep food covered at all times
- 3) Wrap perishable foods such as cookies and crackers in plastic bags and keep them in sealed containers
- 4) Empty opened packages of sugar, dried fruits and nuts into screw-top jars or airtight cans to keep them fresh and unspoiled and to protect them from pests
- 5) Inspect all food for spoilage before use
- 6) Rotate your stock. Use foods before they go bad and replace them with fresh supplies dated with ink or marker. Place new items at the back of the storage area and older ones in front

AVOID

- 1) Canned goods that have become swollen, dented or corroded
- 2) Fatty, high protein or salty foods when your water supply is low
- 3) Don't go out and buy unfamiliar foods to prepare an emergency food supply
- 4) **Remember to keep your hands clean,** it's one of the best ways to keep from getting sick and spreading germs. If soap and running water are not available, use alcohol based hand gels and wipes to clean hands
- 5) **Inspect all food for signs of spoilage before use.** Throw out perishable foods, such as meat and poultry that have been left out at room temperature for more than two (2) hours
- 6) **Eat salt-free** crackers, whole grain cereals and canned foods with high liquid content if your water supplies are low
- 7) **If there's a power outage, eat food in the refrigerator first, the freezer next and lastly from your stored supplies.** In a well-filled well-insulated freezer, foods will usually still have ice crystals in their centers (meaning foods are safe to eat) for at least two days
- 8) You can use the canned foods, dry mixes and other supplies on your cupboard shelf (be aware that a cereal containing dried raisins may still contain certain bacteria that can become a storage issue)
- 9) Buy familiar foods, they are important as they can lift morale and give a feeling of security in a time of stress

*****REMEMBER**REPLACE YOUR STORED FOOD ON A REGULAR BASIS WITH FRESH SUPPLIES, DATED ON THE CONTAINERS***

TIPS AND SUGGESTIONS FOR STORAGE OF FOODS

WITHIN SIX (6) MONTHS

- 1) Boxed Potatoes
- 2) Dried fruit (in meal container)
- 3) Dry, crisp crackers (in metal container)

- 4) Powdered milk (boxed)

WITHING ONE (1) YEAR USE

- 1) Canned, condensed meat and vegetable soups
- 2) Canned fruits, fruit juices and vegetables
- 3) Hard candy and canned nuts
- 4) Jelly
- 5) Peanut Butter
- 6) Ready to eat cereals and uncooked instant cereals (in metal containers)
- 7) Vitamins

INDEFINITELY (when stored in proper containers)

- 1) Baking powder
- 2) Bouillon products
- 3) Dried corn
- 4) Dry pasta
- 5) Instant Coffee, tea and cocoa
- 6) Non-carbonated soft drinks
- 7) Vegetable oils
- 8) Salt
- 9) Soybeans
- 10) Wheat (for bread making)
- 11) White Rice
- 12) Powdered milk (in nitrogen-packed cans)

WHEN FOOD SUPPLIES ARE LOW

If inactivity is reduced, healthy people can survive on half of their usual food intake for an extended period and without any food for many days although this is not your ideal situation. Food, unlike water, may be rationed safely, **EXCEPT** for children, pregnant women, the elderly and ill community members. If your water supply is limited, try to avoid foods that are high in fat and protein and don't stock salty foods, since they will make you thirsty. Try to eat salt-free crackers, whole grain cereals and canned foods with high liquid content.

SPECIAL CONSIDERATIONS

As you stock food, take into account your family's unique needs and tastes. Try to include foods that they will enjoy and that are also high in calories and nutrition. Foods which require no refrigeration, and little-to-no preparation are always best. Individuals with special diets and allergies will need particular attention as will babies, toddlers and elderly people.

ADDITIONAL SUPPLIES/TOOLS TO INCLUDE IN YOUR EMERGENCY PREPAREDNESS KIT

The emergency preparedness kits are designed to be the basis for some of the supplies that may be needed to have available when an emergency or disaster happens. While the materials included in the kit are a good start, there is not kit that will provide all the supplies that individuals may need in an emergency. Your kit should be customized based on your own personal needs. The 72 Hour Guide provided with this information also gives suggestions for preparation. Additional contents may include:

SANITATION

- 1) Toilet paper
- 2) Paper towels
- 3) Bar soap, liquid detergent
- 4) Toothpaste/toothbrushes
- 5) Contact lenses and supplies
- 6) Shampoo/conditioner

- 7) Deodorants
- 8) Combs/brushes
- 9) Feminine Products/Baby supplies
- 10) Plastic garbage bags, ties
- 11) Hand sanitizer
- 12) Household chlorine bleach
- 13) Plastic bucket with tight lid

CLOTHING AND BEDDING

- 1) At least one complete change of clothing and footwear per person
- 2) Sturdy shoes or work boots
- 3) Rain gear
- 4) Blankets or sleeping bags
- 5) Hat and gloves
- 6) Thermal underwear.

TOOLS AND SUPPLIES

- 1) Flashlight and extra batteries
- 2) Paper cups, plates and plastic utensils
- 3) Manual can opener
- 4) Duct Tape
- 5) Matches in waterproof container
- 6) Needles/thread

- 7) Aluminum foil
- 8) Plastic wrap
- 9) First Aid Kit (freshly stocked)
- 10) Whistle
- 11) Candles and matches/lighter
- 12) Battery operated radio and extra batteries
- 13) Shut-off wrench (to turn off household propane gas and water)
- 14) Medicine dropper
- 15) Plastic storage containers
- 16) Knife or razor blades
- 17) Garden hose for siphoning and firefighting
- 18) Heavy gloves for clearing debris
- 19) Camping Stove for outdoor cooking (Caution: before using fire to cook, make sure there are no gas leaks and never use charcoal indoors)
- 20) Tool kit including a screwdriver, pliers and a hammer
- 21) Coil of ½" rope
- 22) Plastic tape, staple gun and sheeting for window replacement
- 23) Bicycle(s)
- 24) Map of areas

SPECIAL CONSIDERATION ITEMS

- 1) Medications (both prescription and non-prescription) that you take including pain relievers, stomach remedies, etc. (check with your physician or pharmacist about storing/stockpiling prescription medications)
- 2) Extra eyeglasses

- 3) Important family documents (in a waterproof portable container)
 - Will, insurance policies, contracts, bond
 - Passports, immunization records
 - Bank account numbers
 - Credit Card account numbers and companies
 - Inventory or valuable possessions/household goods/important phone numbers
 - Family records (copy's of birth & marriage certificates, status cards)
- 4) Entertainment—games and books
- 5) Supplies for persons with special needs such as infant, elderly, disabled persons or anyone with serious allergies (including special foods, denture items, hearing aid batteries, prescription and non-prescription medications that are regularly used, inhalers and other essential equipment, diapers, formula, bottles, pacifiers)
- 6) Supplies for your pet(s)—food, cat litter, etc
- 7) Money—cash, traveler's cheques
- 8) Communication kit (paper, pens, stamps)

CHILDREN AND EMERGENCIES

During an emergency it is important to remember that your children will look to you for guidance and comfort.

Remember that:

- 1) Children follow their parent's/caregiver's lead—the more calm you are, the more calm they will be
- 2) It is important to allow them to ask questions and to talk openly and honestly to them about what is happening. Try to explain the nature of the problem in a way that they will understand, including what is being done to solve the emergency and include what is being done to make them safe (possible isolation or quarantine)
- 3) Never dismiss their fears or anxieties

- 4) You should try to monitor what they watch on television. News coverage of certain emergency situations can be distressing for children
- 5) You can reassure them by explaining that everything possible is being done to ensure their safety

PETS AND EMERGENCIES

Pets are a part of our families. During emergency situations, it is important to know how to keep our family pets safe. Supplies should include:

- 1) Food and water supply—three months
- 2) Depending on the pet—specialty items such as cat litter, wood shavings, etc
- 3) Sturdy leashes, harnesses and carriers to transport pets safely and to ensure that your pets cannot escape. A carrier should be large enough to stand comfortably, turn around and lie down. Blankets or towels for bedding inside the carrier
- 4) Pet toys
- 5) Current photo and descriptions of your pets to help identify them in case you and your pet become separated
- 6) All medical information pertaining to your pet

POSSIBILITY OF QUARANTINE AND ISOLATION

The main goal and primary focus if we were faced with a pandemic would be to control and prevent the spread of the contagious disease. This would be accomplished through quarantine and isolation.

People can be infected with dangerous diseases in a number of ways. Some germs like those causing malaria are passed to humans via animals. Other germs, like those that cause botulism, are carried to people by contaminated food or water. Still others like the ones causing measles are passed directly from person to person. These diseases are called “contagious”.

Contagious diseases that pose a health risk to people have always existed. While the spread of many of these diseases has been controlled through vaccination and other public health efforts, terrorist acts worldwide have raised concerns about the possibility of a biological attack. That makes it important for people to understand what can and would be done to protect the public from the spread of dangerous contagious diseases.

The Centers for Disease Control and Prevention (CDC) is the U.S. government agency responsible for identifying, tracking and controlling the spread of disease. With the help of the **CDC, the World Health Organization and Health Canada**, provincial and local health departments have created emergency preparedness and response plans.

In addition to early detection, rapid diagnosis and treatment with antibiotics or antivirals, their (and our) plans also include the use of two main traditional strategies—**QUARANTINE & ISOLATION**—to contain the spread of illness. These are common health care practices that are used to control the spread of a contagious disease by limiting people's exposure to it.

The difference between quarantine and isolation can be summed up like this:

QUARANTINE applies to those who have been exposed to a contagious disease but who may or may not become ill.

ISOLATION applies to persons who are known to be ill with a contagious disease.

When someone is known to be ill with a contagious disease, they are placed in isolation and receive special care, with precautions to protect uninfected people from exposure to the disease.

When someone has been exposed to a contagious disease and it is not yet known if they have caught it, they may be quarantined or separated from others who have not been exposed to the disease.

For example, they may be asked to remain at home to prevent further potential spread of the illness. They also receive special care and observation for any early signs of the illness.

QUARANTINE

Modern quarantine lasts only as long as necessary to protect the public by:

- 1) Providing public health care (such as immunization or drug treatment, as required)
- 2) Ensuring that quarantined persons do not infect others if they have been exposed to a contagious disease

Modern quarantine is more likely to involve limited numbers of exposed persons in small areas than to involve a large number of persons in whole neighbourhoods or cities. The duration and scope of quarantine measures would vary, depending on their purpose and what is known about the incubation period (how long it takes for symptoms to develop after exposure) of the disease-causing agent. Some examples include:

- 1) **A few hours for assessment.** Passengers on airplanes, trains, boats believed to be infected with or exposed to a dangerous contagious disease might be delayed for a few hours while health authorities determine the risk they pose to the public health. Some passengers may be asked to provide contact information and then released while others who are ill are transported to where they can receive medical attention. There have been a few instances where provincial and public health authorities have imposed a brief quarantine at a public gathering, such as a shelter, while investigating if one or more people may be ill.
- 2) **Enough time to provide preventive treatment or other intervention.** If public health authorities determine that a passenger or passengers on an airplane, train or boat are sick with a dangerous contagious disease, the other passengers may be quarantined in a designated facility where they may receive preventive treatment and have their health monitored.
- 3) **For the duration of the incubation period.** If public health authorities determine that one or more passenger on an airplane, train, or boat are infected with a contagious disease and that passengers sitting nearby may have had close contact with the infected passenger(s), those at risk might be quarantined in a designated facility, observed for signs of illness and cared for under isolation conditions if they become ill.

Quarantined individuals will be sheltered, fed and cared for at home, in a designated emergency facility or in a specialized hospital, depending on the disease and the available resources. They will also be among the first to receive all available medical interventions to prevent and control disease, including:

- 1) Vaccinations
- 2) Antivirals
- 3) Early and rapid diagnostic testing and symptom monitoring
- 4) Early treatment if symptoms appear

QUARANTINE QUICK FACTS

Modern quarantine is used when:

- 1) A person or a well-defined group of people have been exposed to a highly dangerous and highly contagious disease
- 2) Resources are available to care for quarantined people

- 3) Resources are available to implement and maintain quarantine and deliver essential services

Modern quarantine includes a range of disease control strategies that may be used individually or in combination, including:

- 1) Short-term, voluntary home curfew
- 2) Restrictions on the assembly of groups of people (funerals)
- 3) Cancellation of public events
- 4) Suspensions of public gatherings and closing of public places (restaurants)
- 5) Restrictions on travel (air, rail, water, motor vehicles, bus, pedestrian)
- 6) Closure of mass transit systems
- 7) Restrictions on passage into and out of an area

Modern quarantine is used in combinations with other public health tools, such as:

- 1) Enhanced disease surveillance and symptom monitoring
- 2) Rapid diagnosis and treatment for those who fall ill
- 3) Preventive treatment for quarantined individuals, including vaccination or prophylactic treatment, depending on the disease

****Implementation of modern quarantine requires the trust, participation and cooperation of the public, who must be informed about the dangers of contagious diseases subject to quarantine before an outbreak or pandemic actually occurs.****

ISOLATION

Isolation would last for a period of communicability of the illness, which varies by disease and the availability of specific treatment. Usually it occurs at a hospital or other health care facility or in the person's home. Typically, the ill person will have his or her own room and those who care for him/her will wear protective clothing and take other precautions, depending on the level of personal protection needed for the specific illness. In most cases, isolation is voluntary, however provincial and local governments may have authority to require isolation of sick people to protect the public and community members.

ISOLATION OF THE SICK IN THE HOME

Persons who become ill with influenza need to be cared for in single rooms to prevent direct or indirect transmission of the virus. This can be a challenge in the home where there may be inadequate resources.

The following guidelines are to be followed:

- 1) Place a sign on the door “**Isolation**”.

*There needs to be a door or partition to section off the area from the rest of the home; keep this door closed at all times

*Nothing can be removed to another area until it has been thoroughly cleaned and disinfected (i.e. dishes, utensils, linens, furniture, etc.)

CLEANING AND DISINFECTION

Most viruses are inactivated by 70% alcohol and by chlorine, therefore cleaning of environment surfaces, such as counter tops, tables, doorknobs, etc. with a neutral detergent such as Mr. Clean, Pinesol, etc. followed by a disinfectant solution if recommended.

- 1) Remove all non-essential furniture; the remaining furniture should be easy to clean
- 2) Keep the person's personal belongings to a minimum; keep water pitcher and cup, tissues, and all items necessary to attending to personal hygiene within the person's reach
- 3) Collect any linens as needed and keep in the room
- 4) Set up hand basin with suitable supplies for hand washing in the room
- 5) Person should have their own thermometer in the room
- 6) Keep supply of cleaning and disinfection solutions inside the room. Thorough daily cleaning of their room is important in the prevention of cross infection
- 7) Set up hand basin with suitable supplies for hand washing just outside the isolation area/room with container for soiled linens and garbage can with lid

- 9) Wash hands before and after leaving area/room, also, before and after providing any direct bedside care.
- 10) Gloves, gown and mask would be ideal to protect the caregiver; proper hand washing is essential.

CLEANING AND DISINFECTING SURFACES AND EQUIPMENT

The Influenza virus survives well in the environment—for 24–48 hours on hard non-porous surfaces, for 8-12 hours on cloth, paper and tissue, and for 5 minutes on hands—and can be transmitted through contaminated surfaces and objects. Careful vigorous cleaning of environmental surfaces is effective in removing many contaminants.

- 1) Anything that touches a person's intact skin should be clean
- 2) Be sure to clean equipment and surfaces (e.g. desks, arm rests, bedside tables, etc.) contaminated with secretions from people suspected or confirmed to have influenza before using them for someone else
- 3) Always clean shared equipment between uses
- 4) Promptly clean items that are visibly soiled
- 5) Handle soiled items in a way that prevents exposure of skin and mucous membranes and contamination of clothing and the environment. Use a garbage can that has a lid and/or foot pedal
- 6) Clean surfaces that are frequently touched (e.g. door knobs, handles, etc.) at least twice daily and as needed. Clean them after use if known to be contaminated
- 7) Store all supplies in a clean dry area
- 8) No special handling of waste contaminated with secretions from patients with suspected or confirmed influenza is required.

If you would like additional information or have any questions regarding information in this package, you may enquire with:

Public Health Canora Office

1219 Main Street Canora, SK

(Ph) 563-1259

Additional Information may also be obtained from:

Canadian Red Cross

Saskatchewan Zone

2050 Cornwall Street

Regina, SK S4P 2K5

Tel: (306)721-1634

Fax: (306)721-1601

www.redcross.ca

Saskatchewan Emergency Management Organization

#100 – 1855 Victoria Avenue

Regina, SK

S4P 3T2

Tel: (306)787-9563

Fax: (306)787-1694

Email: infosafety@cps.gov.sk.ca

www.cps.gov.sk.ca

The World Health Organization

<http://www.who.int/en/>

Government of Canada

Call Toll Free 1-800-454-8302

www.pandemicinfluenza.gc.ca

SOURCES

www.emergencymanagementontario.ca

www.redcross.org/services/disaster/beprepared

www.mpss.jus.gov.on.ca/english/pub_security/EMO/esk.html

www.federalemergencymanagementagency.ca

www.redcross.org/preparedness/cdc_english/FoodWater.asp

www.psepc.gc.ca

[-www.ccohs.ca](http://www.ccohs.ca)

www.colgate.com

www.phac-aspc.gc.ca/fluwatch