

15 Pandemic influenza

Transmission

- Like respiratory infections, through droplets of saliva/mucus from one person to another, mainly while coughing or sneezing

Symptoms

- A severe kind of influenza with very similar symptoms to regular influenza, such as sudden illness, fever, cough and shortness of breath
- May be accompanied by chills, runny nose, sore throat, tiredness and feeling unwell or loss of appetite
- All of these symptoms may be very severe if the germ that develops is very strong

Prevention

- ➔ There is very little that can be done to prevent an influenza pandemic
- ➔ Prepare for it very well and know what to do if it happens

- ➔ Health promotion

Vulnerable people

- It is not yet known who will be most at risk

In case of epidemic

- ➔ Isolation of sick people from those who are not sick
- ➔ Social distancing
- ➔ Community mobilization
- ➔ Health promotion

- ➔ Detection and referral of new and suspected cases to health facilities
- ➔ Respiratory etiquette

Volunteer actions

See the following **action tools** for more information on what actions to take against pandemic influenza:

31	29	32	30	2	3	26	27	15	29	23	33	20	21
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Community-based assessment questions

Make a map of the community and mark the information you gather on the map.

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| <ul style="list-style-type: none">• When did the epidemic start?• How many people live in the affected community?• How many children under 5 years of age live in the affected community?• Who and where are the vulnerable people?• How many people have died from pandemic influenza and where? | <ul style="list-style-type: none">• How many people have fallen sick with pandemic influenza and where?• Are there any health services and where?• Is there a health promotion programme in place? |
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