



Flu Prevention Reminder

Anoka Technical College is following our Pandemic Contingency Plan and directives from the State of Minnesota, Department of Health, Minnesota State Colleges & Universities, and local health authorities.

WHAT TO DO

Several precautionary measures have already begun at our campuses, such as elevating awareness, the availability of alcohol wipes for computer keyboards and providing hand sanitizers.

REMINDER

Practice good hygiene and following the common sense practices used to avoid the seasonal flu. Wash your hands thoroughly (sing Happy Birthday twice while washing your hands), cough into your arm, stay home if sick, stay away from contained spaces, eat properly and get sufficient rest. If you suspect that you may be suffering from the flu, please seek advice. Any person with a confirmed case is expected to remain home for seven days after the onset of the illness.

For more information, visit these Web sites:

<http://www.health.state.mn.us/divs/idepc/diseases/flu/fourways.html>

www.cdc.gov/h1n1flu/general_info.htm

Preparedness Planning

- Anoka Technical College's Pandemic Contingency Plan
<http://www.anokatech.edu/commoncontent/pdfs/PandemicPlan0809.pdf>

Common Terms

avian (or bird) flu : Influenza viruses that occur naturally among wild birds. The H5N1 (see below) variant is deadly to domestic fowl and can be transmitted from birds to humans. There is no human immunity and no vaccine is available. A disease occurring suddenly in a community, region or country in numbers clearly in excess of normal.

- **H5N1**: A variant of avian influenza, which is a type of influenza virulent in birds. It was first identified in Italy in the early 1900s and is now known to exist worldwide.
- **HPAI**: A highly pathogenic form of avian influenza. Avian flu viruses are classified based upon the severity of the illness and HPAI is extremely infectious among humans. The rapid spread of HPAI, with outbreaks occurring at the same time, is of growing concern for human health as well as for animal health.
- **LP AI**: A low pathogenic form of avian influenza. Most avian flu strains are classified as LP AI and typically cause little or no clinical signs in infected birds. However, some LP AI virus strains are capable of mutating under field conditions into HPAI viruses.

pandemic: The worldwide outbreak of a disease in numbers clearly in excess of normal.

pandemic flu: A virulent human flu that causes a global outbreak, or pandemic, of serious illness. Because there is little natural immunity, the disease can spread easily from person to person. Currently, there is no pandemic flu.

seasonal (or common) flu : A respiratory illness that can be transmitted person to person. Most people have some immunity, and a vaccine is available.

zoo noses: Diseases that are transferable from animals to humans.

Source: *PandemicFlu.gov*

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Student/Staff/Faculty Resources

Anoka County

www.co.anoka.mn.us/v2_ready/flu/flu-faq.aspx

General and regionally specific pandemic flu information.

Center for Disease Control

www.cdc.gov/travel/other/avian_influenza_se_asia_2005.htm

Pandemic flu outbreak notification information.

www.cdc.gov/travel/

Access to all avian and pandemic flu information developed and released by the U.S. Government. (Managed by the Department of Health and Human Services.)

Minnesota Department of Health

www.health.state.mn.us/divs/deep/diseases/flu/pandemic/index.html

Information about pandemic flu to assist planning.

www.health.state.mn.us/divs/idepc/diseases/flu/fourways.html

Information about four simple ways to help prevent the flu.

Minnesota State Universities and Colleges (MnSCU)

www.chancellor.mnscu.edu/employee/avianflu/index.html

Information about avian flu pandemic planning, including links to planning documents and resources.

State of Minnesota Department of Employee Relations (DOER)

www.hsem.state.mn.us/readyminnesota/New_Ready_Web/flu1.html

DOER planning guide used by State of Minnesota agencies to ensure continuity of critical services during a pandemic.

United States Department of Health and Human Services

www.hsem.state.mn.us/readyminnesota/New_Ready_Web/indivfam.pdf

A guide entitled, "Pandemic Influenza Planning: A Guide for Individuals and Families."

<http://www.flu.gov/know.html>

World Health Organization (WHO)

www.who.int/topics/avian_influenza/en/

Latest avian influenza information.

www.who.int/csr/swine_flu/swine_flu_faq.pdf

WHO FAQ about swine flu.

www.who.int/cs/disease/influenza/pandemic10things/en/index.html

WHO guide entitled: "10 things you need to know about pandemic influenza."

www.pandemicflu.gov/plan/individual/familyguide.html

WHO guide for individuals and families.