

# Three Kinds of Flu

## Seasonal Flu

Seasonal flu is caused by human influenza viruses. It spreads through coughs or sneezes from infected people. Each year, about 36,000 Americans die from seasonal flu. Young children, the elderly, and people with chronic health problems are at greatest risk for flu complications. The annual flu shot is the best protection against seasonal flu.

## Avian (Bird) Flu

Avian (bird) flu refers to flu viruses usually found in birds, but infections can occur in humans. The risk is generally low to most people because the viruses do not usually infect humans. Since 1997, more than 270 people in the world have been infected with avian flu H5N1, mostly through close contact with infected birds. Currently, no human vaccine for avian flu H5N1 is available.

## Pandemic Flu

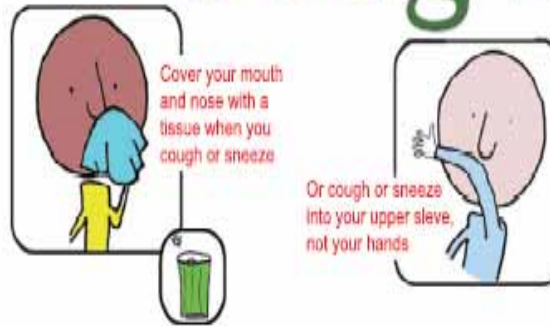
Pandemic influenza refers to any **new** type of influenza virus, for which individuals do not have protection, thus having the potential to cause a worldwide outbreak. Past pandemics have caused high rates of illness, hospitalization, and death in all age groups. Health officials are concerned that avian flu *could* cause a pandemic, but right now there is no flu pandemic.

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

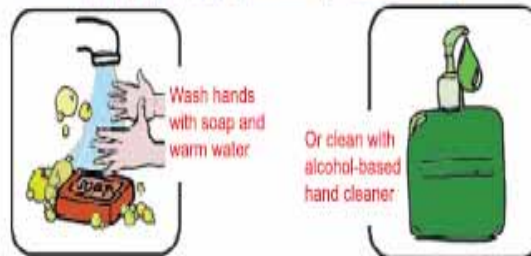
Stop the spread of germs that make you and others sick!

## Pandemic Influenza

# Cover Your Cough



# Clean Your hands after coughing or sneezing



Source: CDC - Centers for Disease Control and Prevention

Office of Epidemiology and Disease Control

 (305) 470-5660 (24/7)

# Pandemic Influenza (Pan Flu)



It might happen...  
let's be prepared.



Miami-Dade County Health Department



### What is influenza?

Influenza, commonly referred to as the “flu”, is a respiratory disease caused by a virus that affects primarily the lungs. Symptoms may include fever, headache, cough, sore throat, muscle aches and weakness. The most common complication is pneumonia which can lead to death.

### What is a pandemic ?

A pandemic occurs when a large number of people worldwide become ill with the same disease.

An influenza pandemic occurs when three conditions are met: 1) a new kind of influenza virus appears, 2) the population has little or no immunity (protection), **and** 3) it spreads easily person-to-person affecting large numbers of people worldwide.

### How is pandemic influenza different from seasonal influenza?

Seasonal influenza, commonly referred as the flu, and pandemic influenza have little in common. Pandemic influenza is associated with a **new kind** of influenza virus that causes illness that is more contagious and serious than seasonal influenza.

### Is pandemic influenza the same as avian influenza?

No. Avian influenza (bird flu) is a common infectious disease of birds caused by type A influenza viruses. If a bird flu virus meets the three conditions mentioned above, it can be considered a pandemic flu virus.

Pandemic influenza refers to any **new** type of influenza virus for which individuals do not have protection, thus having the potential to cause a worldwide outbreak.



### Is the world currently having an influenza pandemic?

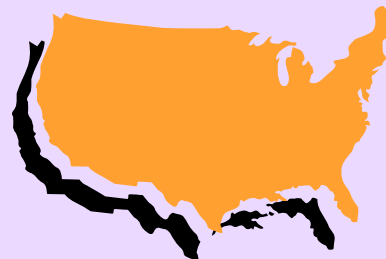
No. Although, there is currently an outbreak of avian influenza H5N1 virus affecting humans in some countries, the world is not in a pandemic mode because easy person-to-person transmission has not occurred.

### Is there any type of warning system that can alert us that a pandemic is about to happen?

The World Health Organization (WHO) has developed an alert system to help inform the world about the seriousness of a pandemic. According to the WHO, the world is not currently in a pandemic situation. For more information, please visit: [www.who.org](http://www.who.org)

### How likely is it that an influenza pandemic will affect the United States?

A pandemic is a global outbreak: this means that all countries are at risk of being affected. While some factors can be considered protective in the U.S. such as advanced medical technology and a great resource availability, others such as traveling and illegal smuggling of exotic animals are considered risk factors for a pandemic to occur.



### What happened in the previous pandemics?

There have been 3-4 pandemics each century since the 1500s. There were 3 pandemics during the 20th century: 1) the Spanish flu in 1918-19 with over 20 million deaths; 2) the Asian Flu in 1957 with 60,000 deaths, and 3) the Hong Kong flu in 1968-69 with 40,000 deaths.

### How will our lives change during an influenza pandemic?

During a pandemic, life is expected to change significantly as the government will have to implement several measures in order to control the spread. Examples of changes include: 1) many people will not be able to get to their jobs, 2) schools might need to close, 3) some utilities may become unavailable, 4) families may not be able to leave their homes, and 5) many deaths may occur in a short period of time.

### How can I protect myself and my family?



Prepare like for a hurricane: Store water, food, and other essentials; make a household emergency plan; store prescription medicines and other health supplies; stop germs from spreading; **STAY HOME** when you are sick; and stay informed.

### How can I stay informed?

You can get more detailed information at:

[www.dadehealth.org](http://www.dadehealth.org) or [www.pandemicflu.gov](http://www.pandemicflu.gov)

