

LHJ Main Phone Numbers
February 2, 2009

1	Adams	(509) 659-3315
2	Asotin	(509) 758-3344
3	Benton-Franklin	(509) 460-4200
4	Chelan-Douglas	(509) 886-6400
5	Clallam	(360) 417-2274
6	Clark	(360) 397-8000
7	Columbia	(509) 382-2181
8	Cowlitz	(360) 414-5599
9	Garfield	(509) 843-3412
10	Grant	(509) 754-6060
11	Grays Harbor	(360) 532-8665
12	Island	(360) 679-7350
13	Jefferson	(360) 385-9400
14	Kitsap	(360) 337-5235
15	Kittitas	(509) 962-7515
16	Klickitat	(509) 773-4565
17	Lewis	(360) 740-1223
18	Lincoln	(509) 725-1001
19	Mason	(360) 427-9670
20	NE Tri County (Ferry Stevens, Pond Oreille)	(509) 684-1301
21	Okanogan	(509) 422-7140
22	Pacific	(360) 875-9343
23	Public Health Seattle- King County	(206) 296-4600
24	San Juan	(360) 378-4474
25	Skagit	(360) 336-9380
26	Skamania	(509) 427-3870
27	Snohomish	(425) 339-5210
28	Spokane	(509) 324-1500
29	Tacoma-Pierce	(253) 798-6500
30	Thurston	(360) 786-5581
31	Wahkiakum	(360) 795-6207
32	Walla Walla	(509) 524-2650
33	Whatcom	(360) 676-6724
34	Whitman	(509) 397-6280
35	Yakima	(509) 575-4040

For more information see:

<http://www.doh.wa.gov/PHIP/phdirectory/default.htm>

<http://www.doh.wa.gov/LHJMap/LHJMap.htm>

LHJ Main Phone Numbers
February 2, 2009

<i>Organization</i>	<i>Phone Number</i>
Adams County Health Department	(509) 659-3315
Asotin County Health District	(509) 758-3344
Benton-Franklin Health District	(509) 460-4200
Chelan-Douglas Health District	(509) 886-6400
Clallam County Department of Health and Human Services	(360) 417-2274
Clark County Public Health	(360) 397-8000
Columbia County Public Health District	(509) 382-2181
Cowlitz County Health Department	(360) 414-5599
Garfield County Health District	(509) 843-3412
Grant County Public Health District	(509) 754-6060
Grays Harbor County Public Health and Social Services Dept	(360) 532-8665
Island County Public Health Department	(360) 679-7350
Jefferson County Public Health	(360) 385-9400
Kitsap County Health District	(360) 337-5235
Kittitas County Public Health	(509) 962-7515
Klickitat County Public Health	(509) 773-4565
Lewis County Public Health	(360) 740-1223
Lincoln County Health Department	(509) 725-1001
Mason County Public Health	(360) 427-9670
Northeast Tri County Health District (Ferry Stevens, Pond Oreille)	(509) 684-1301
Okanogan County Public Health	(509) 422-7140
Pacific County Public Health and Human Services	(360) 875-9343
Public Health Seattle and King County	(206) 296-4600
San Juan County Department of Health and Community Services	(360) 378-4474
Skagit County Public Health	(360) 336-9380
Skamania County Health Department	(509) 427-3870
Snohomish Health District	(425) 339-5210
Spokane Regional Health District	(509) 324-1500
Tacoma-Pierce County Health Department	(253) 798-6500
Thurston County Public Health and Social Services Department	(360) 786-5581
Wahkiakum County Department of Health and Human Services	(360) 795-6207
Walla Walla County Health Department	(509) 524-2650
Whatcom County Health Department	(360) 676-6724
Whitman County Public Health	(509) 397-6280
Yakima Health District	(509) 575-4040

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Washington State Department of Health
Public Health Emergency Preparedness & Response Program

**Lead Local Health Jurisdiction
Regional Emergency Response Coordinators**

Region	Regional Emergency Response Coordinator (RERC)
REGION 1 Island, San Juan, Skagit, Snohomish*, Whatcom	Nancy Furness Phone: 425-339-8612 Fax: 425-339-8706 nfurness@shd.snohomish.wa.gov
REGION 2 Kitsap*, Clallam, Jefferson	Jessica Guidry Phone: 360-337-5267 Fax: 360-475-9267 guidrj@health.co.kitsap.wa.us
REGION 3 Lewis, Grays Harbor, Mason, Pacific, Thurston*	Sammy Berg, Co-RERC Phone: 360-786-5581, ext 17051 Fax: 360-754-2988 bergs@co.thurston.wa.us Marianne Remy, Co-RERC Phone: 360-786-5581, ext. 17200 Fax: 360-754-2988 remym@co.thurston.wa.us
REGION 4 Clark*, Cowlitz, Skamania, Wahkiakum	Nathan Weed Phone: 360-397-8072 Fax: 360-397-8132 nathan.weed@clark.wa.gov
REGION 5 Tacoma-Pierce*	Cindy Miron Phone: 253-798-6556 Fax: 253-798-7627 cmiron@tpchd.org
REGION 6 Public Health Seattle King County*	Alison Jaffe-Doty, RERC Phone: 206-263-8726 Fax: 206-296-0629 alison.jaffe-doty@kingcounty.gov Cynthia Dold, Hospital EPR Contact Phone: 206-205-0456 Fax: 206-296-0177 cynthia.dold@kingcounty.gov
REGION 7 Chelan-Douglas*, Grant, Kittitas, Okanogan	Mary Small Phone: 509-886-6410 Fax: 509-886-6478 mary.small@cdhd.wa.gov
REGION 8 Benton-Franklin*, Klickitat, Walla Walla, Yakima	Leslie Koenig Phone: 509-460-4530 Fax: 509-460-4535 lesliek@bfhd.wa.gov
REGION 9 Spokane*, Adams, Asotin, Columbia, Garfield, Lincoln, NE Tri, Whitman	Susan Sjoberg Phone: 509-324-1669 Fax: 509-232-1706 Cell: 509-990-8362 ssjoberg@spokanecounty.org

Denotes Regional Lead Local Health Jurisdiction
August 2008



Washington State Local Health Departments/Districts



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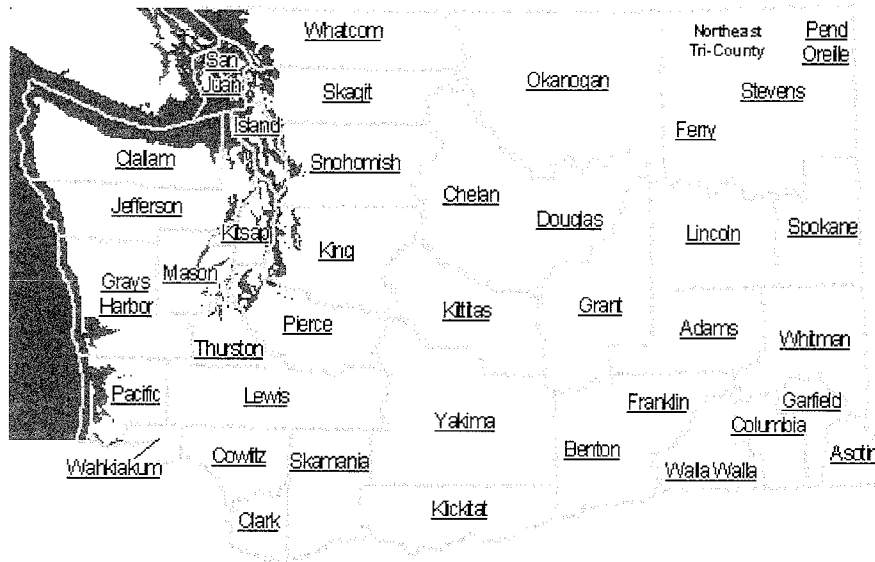
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Washington State Local Health Departments/Districts

Adams County	Asotin County	Benton-Franklin County
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Garfield County	Grant County	Grays Harbor County
Island County	Jefferson County	Kitsap County
Kittitas County	Klickitat County	Lewis County
Lincoln County	Mason County	Okanogan County
Pacific County	Pend Oreille County (Northeast Tri County Health District)	San Juan County
Seattle/King County	Skagit County	Skamania County

<u>Snohomish County</u>		<u>Spokane County</u>
<u>Stevens County (Northeast Tri County Health District)</u>	<u>Tacoma/Pierce County</u>	<u>Thurston County</u>
<u>Wahkiakum County</u>	<u>Walla Walla County</u>	<u>Whatcom County</u>
<u>Whitman County</u>	<u>Yakima County</u>	

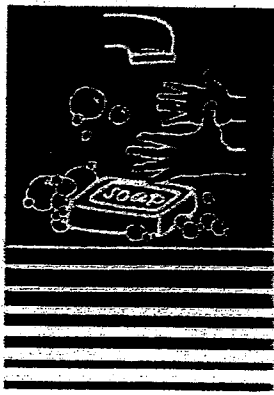
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Pandemic Flu

An influenza pandemic is a worldwide outbreak of a new flu virus

An influenza — or flu — pandemic is an outbreak of a new type of flu virus that spreads rapidly from one country to another. Because the virus is new, people have no natural immunity to it and vaccine will not be available for many months. Without vaccine or immunity, the virus passes rapidly from person to person. Hundreds of thousands in our country could get sick, and many could die.

There have been three large flu pandemics in the 20th century — 1918, 1957, and 1968. No one knows where or when the next one will begin, but health officials agree that it is only a matter of time.

What to expect if an outbreak occurs

A flu pandemic could be devastating, so everyone should be prepared for the worst. With up to one-third of the workforce sick or staying home, supplies and services could be limited or disrupted.

Extraordinary measures could be required. You may be asked to stay away from other people, large public events like concerts or sports could be canceled, and schools could be closed. Health officials may issue orders to keep people with the virus at home or in special facilities. You may be asked to wear a mask in medical facilities or other public places.

A flu pandemic could last a long time. The 1918 flu pandemic lasted 18 months.

What to do now

- Know your neighbors. Encourage others to prepare.
- Be ready to help family and neighbors who are elderly or have special needs if services they depend on are not available.
- Know school policies about illness and absence. Make a plan for taking care of your children if schools are closed for long periods.
- Be prepared to stay home from work when you are sick. Know work policies about sick leave, absences, time off and telecommuting.

- Encourage planning. Every workplace should have a plan for doing essential tasks if large numbers of employees are absent over many months.
- Explore ways to get your work done with less personal contact, such as increased use of e-mail and phone conferences.
- Be prepared to get by for a week or more on what you have at home. Stores may not be open or may have limited supplies.
- Plan to limit the number of trips you take to shop or to run errands.

Prevent the spread of germs

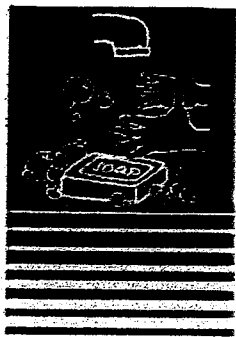
The flu virus is spread from person to person when an infected person coughs, sneezes or touches things that others use. To protect yourself and others:

- Cover your mouth and nose when you cough or sneeze. Cough into your sleeve or cover your mouth and nose with a tissue.
- Wash your hands. Soap and warm water are best, but alcohol-based hand gel or disposable wipes also work.
- Don't touch your eyes, nose or mouth. The flu virus is often spread when a person touches something that has the flu virus on it and then touches his or her eyes, nose or mouth.
- Stay home when you're sick or have flu symptoms. Drink extra water, get plenty of rest and check with a health care provider as needed.

Learn home-care basics

- Know how to care for someone with fever, body aches and lung congestion. During a pandemic, follow health official's instructions.
- Learn about dehydration. The flu virus causes the body to lose water through fever and sweating. Watch for weakness, fainting, dry mouth, dark concentrated urine, low blood pressure or a fast pulse when lying or sitting down. These are signs of dehydration. To prevent dehydration, it is very important for a person with the flu to drink a lot of water — up to 12 glasses a day.

 Washington State Department of
Health
Communications Office
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360-236-4027; (800) 525-0127
Web site: www.doh.wa.gov



Gripe pandémica

Una pandemia del virus de la influenza es un brote mundial de un nuevo virus de la gripe

Una pandemia del virus de la influenza o gripe es un brote de un nuevo tipo de virus de la gripe que se propaga rápidamente de un país a otro. Puesto que el virus es nuevo, las personas no tienen inmunidad natural frente a él y no habrá una vacuna disponible por muchos meses. Sin vacuna ni inmunidad, el virus pasa rápidamente de una persona a otra. Cientos de miles de personas en nuestro país podrían enfermarse y muchas de ellas podrían morir.

Ha habido tres grandes pandemias de gripe en el siglo XX, en 1918, 1957 y 1968. Nadie sabe dónde o cuándo comenzará la siguiente, pero los oficiales encargados del cuidado de la salud están de acuerdo en que sólo es cuestión de tiempo.

Qué debo esperar si se produce un brote

Una pandemia de gripe podría ser muy seria, por lo que todo el mundo debe estar preparado para lo peor. Con una tercera parte de la fuerza laboral enferma o en casa, los suministros y los servicios podrían estar limitados o interrumpirse.

Los oficiales encargados del cuidado de la salud podrían tomar iniciativas fuertes. Se le puede pedir que permanezca alejado de otras personas, los eventos públicos grandes, como conciertos o competiciones deportivas, podrían cancelarse y las escuelas cerrarse. Los oficiales encargados del cuidado de la salud pueden dar órdenes para mantener a las personas infectadas con el virus en casa o en instalaciones especiales. Se le podría pedir que utilice una máscara en los centros médicos o en otros lugares públicos.

Una pandemia de gripe podría durar mucho tiempo. La pandemia de gripe de 1918 duró 18 meses.

Qué debo hacer ahora

- Conozca a sus vecinos. Anime a otros a prepararse.
- Esté listo para ayudar a familiares o vecinos que son ancianos o tienen necesidades especiales en caso de que los servicios de los que ellos dependen no estén disponibles.
- Conozca las políticas de la escuela sobre enfermedad y ausencia. Haga un plan para cuidar de sus hijos si las escuelas están cerradas durante periodos largos de tiempo.
- Esté listo para quedarse en casa y no ir a trabajar cuando esté enfermo. Conozca las políticas del trabajo sobre permiso por enfermedad, ausencias, tiempo de descanso y teletrabajo.

- Promueva la planificación. Cada lugar de trabajo debe tener un plan para hacer las tareas fundamentales si un gran número de empleados se ausenta durante muchos meses.
- Explore formas de hacer su trabajo con menos contacto personal, tal como un mayor uso del correo electrónico y de las conferencias telefónicas.
- Tenga suministros para una semana o más. Las tiendas podrían no abrir o tener existencias limitadas.
- Tenga planeado limitar el número de viajes a la tienda o para hacer mandados.

Evite la propagación de gérmenes

El virus de la gripe se transmite de persona a persona cuando una persona infectada tose, estornuda o toca las cosas que otras personas usan. Para protegerse usted y a otros:

- Cúbrase la boca y la nariz cuando tosa o estornude. Cúbrase la boca y la nariz con un pañuelo o con la manga al toser.
- Lávese las manos. El agua tibia y el jabón son lo mejor, pero también puede usar un gel a base de alcohol para las manos o toallitas desechables.
- No se toque los ojos, la nariz ni la boca.
- Quédese en casa cuando esté enfermo o tenga los síntomas de la gripe. Beba más agua, descanse bastante y acuda a un proveedor del cuidado de la salud si fuese necesario.

Aprenda lo básico para el cuidado en el hogar

- Sepa cómo cuidar de alguien que tiene fiebre, dolores en el cuerpo y congestión pulmonar. Durante una pandemia, siga las instrucciones de los oficiales encargados del cuidado de la salud.
- Aprenda sobre la deshidratación. EL virus de la gripe hace que el cuerpo pierda agua a través de la fiebre y el sudor. Vigile los signos de debilidad, desmayo, sequedad de boca, orina oscura concentrada, baja presión de la sangre o pulso rápido cuando esté acostado o sentado. Estos son signos de deshidratación. Para prevenir la deshidratación, es muy importante que una persona que tiene la gripe beba mucha agua — hasta 12 vasos al día.

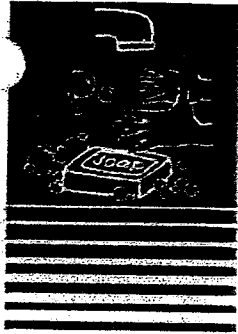


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流感大流行

流感大流行指一種新的流感病毒在全世界爆發

流感大流行是一種新的類型的流感病毒爆發，並很快從一個國家傳播到另一個國家。因為是新的病毒，人們對這種病毒沒有天然的免疫力，要等好幾個月才能研製出預防這種病毒的疫苗。因為沒有預防疫苗或免疫性，病毒很快會在人與人之間傳播。導致本國成千上萬的人生病，很多人會死亡。

二十世紀曾經有過三次大規模的流感大流行—1918年、1957年及1968年。沒有人知道下一次流感大流行會在什麼地點或什麼時間發生，但是衛生部門的官員都認為遲早是會發生的。

如果爆發流感大流行，會出現什麼樣的情形

流感大流行可能非常嚴重，因此每個人都應當準備好出現最壞的情況。如果有三分之一的工作人員生病或呆在家中，用品及服務會很有限或中斷。

衛生部門的官員可能會採取有力的措施。可能會要求你不要與其他人接觸，大型公共活動（例如音樂會或體育比賽）可能被取消。衛生部門的官員可能會發出命令，要求帶病毒的人呆在家中或住在特別設施內。可能會要求你在醫療設施或其他公共場合戴口罩。

流感大流行可能會延續很長時間。1918年的流感大流行就延續了十八個月。

現在應該怎麼辦

- 認識自己的鄰居。鼓勵其他人作好準備。
- 準備好幫助年紀大的或有特殊需求的家人及鄰居，尤其是在他們不能獲得依賴的服務時。
- 瞭解學校有關生病及缺席的規定。如果學校長期不開學，制定照料你的孩子的計劃。
- 作好生病時不上班留在家中的準備。瞭解工作場所對病假、曠工、請假及在家中工作的規定。

- 鼓勵人們制定計劃。每個工作場所都應當制定計劃，如果很多員工連續幾個月無法上班，怎樣完成重要的任務。

- 尋找在減少人與人之間的接觸的情況下完成工作的方法，例如多發電子郵件及開電話會議。

- 在家中準備一週或一週以上必須的用品。商店可能不開門，或者用品有限。

- 計劃限制自己去商店或辦雜事需要外出的次數。

預防細菌傳播

當感染流感病毒的人咳嗽、打噴嚏或用手摸其他人使用的東西時，就會在人與人之間傳播流感病毒。為了保護自己及其他人：

- 咳嗽或打噴嚏時用手捂住嘴，對自己的衣袖內咳嗽，或者用手紙蓋住嘴巴及鼻子。
- 洗手。最好用肥皂及溫水洗手，但是含酒精的洗手膏或一次性用擦手紙也有用處。
- 不要用手摸自己的眼睛、鼻子或嘴巴。
- 生病或者出現流感症狀時呆在家中。多喝水，充分休息，必要時向醫務人員洽詢。

瞭解家庭護理的基本知識

- 瞭解怎樣護理發燒、身體疼痛及肺充血的人。在流感大流行期間，聽從衛生部門官員的指示。
- 瞭解有關脫水的知識。流感病毒會因為發燒及出汗使身體失去水分。注意是否出現身體虛弱、暈旋、口乾、小便顏色變深及變濃、躺下或坐下時低血壓或心跳加快。這些都是脫水的跡象。為了預防脫水，患流感的人需要喝大量的水——一天可喝到12杯水，這一點十分重要。



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유행성 독감

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- 이웃과 안면을 트십시오. 사람들에게 미리 대비하도록 권하십시오.
- 나이가 많거나 특별한 도움이 필요한 가족과 이웃 사람들이 평소 의존해 오던 서비스를 이용할 수 없게 된 경우, 이들을 적극적으로 도와 주십시오.
- 질병과 결석에 대한 학교 방침을 알아 두십시오. 학교가 장기 휴교할 경우 자녀들을 관리할 계획을 세우십시오.
- 아플 때는 직장을 쉬고 집에 있을 준비를 하십시오. 병가, 결근, 조퇴와 재택근무에 대한 회사 방침을 알아 두십시오.

- 계획을 세워두는 게 좋습니다. 모든 작업장에서는 반드시 많은 직원들이 여러 달 결근할 경우에 대비한 필수 업무 처리 계획을 수립해야 합니다.
- 전자 메일과 전화회의의 사용을 늘리는 등의 방법으로, 대인 접촉을 줄이면서 업무를 추진하는 방법을 찾으십시오.
- 1주일 이상 생활할 수 있는 물자를 집에 준비해 두십시오. 상점이 열리지 않거나 공급물량이 제한될 수 있습니다.
- 물건을 사러 가거나 다른 용무로 외출하는 회수를 줄이도록 계획하십시오.

세균의 확산을 예방하십시오

독감 바이러스는 감염된 사람이 기침, 재채기를 하거나 다른 사람도 사용하는 물건을 만졌을 때 사람간 접촉을 통해 확산됩니다. 귀하 본인과 다른 사람을 보호하기 위해:

- 기침이나 재채기를 할 때 입과 코를 막아 주십시오. 기침을 할 때 옷소매나 티슈로 입과 코를 가려 주십시오.
- 손을 씻으세요. 비누와 온수를 쓰는 게 가장 좋지만, 알코올 성분의 핸드 젤이나 일회용 수건을 써도 됩니다.
- 눈, 코, 입을 만지지 마세요.
- 아프거나 독감 증상이 있을 때는 외출하지 마세요. 물을 많이 마시고, 충분히 휴식하고, 필요하면 의료기관에서 검사를 받으십시오.

자가 치료의 기본을 알아 두세요

- 열, 몸살, 폐울혈이 있는 환자를 돌보는 방법을 알아 두십시오. 독감이 유행할 때는 보건공무원의 지시에 따르십시오.
- 탈수증에 대해 알아 두십시오. 독감 바이러스는 열과 땀을 통해 몸 밖으로 물이 빠져나가도록 합니다. 누워 있거나 기대어 앉았을 때, 무력감, 어지럼증, 입안이 마르거나, 짙은 색 소변이 나오거나, 저혈압 또는 맥박이 빨라지는 등의 증상이 없는지 주의하십시오. 지금 말한 것이 탈수증의 증세입니다. 독감 환자가 탈수증을 예방하려면, 물을 많이 마시는 게 — 최대 하루 12잔까지 — 매우 중요합니다.

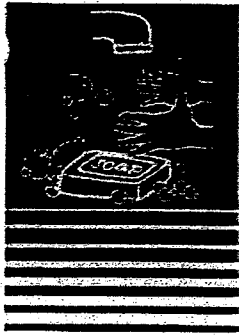
Korean



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Пандемический грипп

Пандемия гриппа – это всемирная эпидемия нового вируса гриппа

Пандемия гриппа – это эпидемия нового вируса гриппа, который быстро переходит с одной страны на другую. Поскольку вирус новый, у людей нет естественного иммунитета против него, а вакцины не будет несколько месяцев. Без вакцины и иммунитета вирус быстро переходит от человека к человеку. В нашей стране могут заболеть сотни тысяч людей, и многие могут умереть.

В 20-м веке было три крупных пандемии гриппа: в 1918, 1957 и 1968 году. Никто не знает, где и когда начнется следующая, но медики считают, что это только вопрос времени.

Чего ожидать в случае пандемии

Пандемия гриппа может быть очень серьезной, поэтому все должны быть готовы к худшему. Если треть работающего населения заболит и не будет выходить на работу, это уменьшит объем доступных товаров и услуг.

Медицинские учреждения могут принять строгие меры. Вас могут попросить не вступать в контакт с другими людьми; могут быть отменены массовые культурные или спортивные мероприятия, закрыты школы. Медицинское начальство может издать приказы о содержании больных дома или в специальных учреждениях. Может понадобиться надевать маску в медицинских учреждениях и других общественных местах.

Пандемия гриппа может продлиться долго. Пандемия гриппа 1918 г. длилась полтора года.

Что делать сейчас

- Знайте своих соседей. Советуйте другим готовиться.
- Будьте готовы помочь родственникам и друзьям пожилого возраста или инвалидам, если они окажутся лишены нужных услуг.
- Знайте школьные правила по поводу болезни и отсутствия. Составьте план ухода за своими детьми на случай длительного закрытия школ.
- Будьте готовы не выходить на работу в случае болезни. Знайте правила своей организации по поводу отпуска по болезни, невыхода на работу, выходных и работы из дому.

- Поощряйте планирование. Каждая организация должна иметь план выполнения основных задач в случае многомесячного отсутствия многих работников.
- Подумайте о том, как выполнять свою работу с меньшим количеством личных контактов, например, больше используя электронную почту и телефонные совещания.
- Будьте готовы жить неделю или дольше тем, что есть у вас дома. Магазины могут быть закрыты или иметь ограниченное количество товаров.
- Планируйте ограничить число поездок в магазины.

Предупреждайте распространение микробов

Вирус гриппа переходит от человека к человеку, когда больной кашляет, чихает или прикасается к предметам, которыми пользуются другие. Чтобы защитить себя и других:

- Прикрывайте рот и нос, когда кашляете или чихаете. Кашляйте в рукав или прикрывайте рот и нос салфеткой.
- Мойте руки. Лучше всего мыть руки теплой водой с мылом, но подходят также спиртовой гель для рук или одноразовые салфетки.
- Не касайтесь руками глаз, носа и рта.
- Не выходите из дома, если вам нехорошо или если у вас симптомы гриппа. Пейте больше воды, больше отдыхайте и при необходимости консультируйтесь с врачом.

Научитесь основам домашнего ухода

- Знайте, как ухаживать за человеком, у которого температура, боли и перегрузка легких. Во время пандемии выполняйте указания медицинского начальства.
- Усвойте информацию об обезвоживании. От вируса гриппа организм теряет воду ввиду жара и потения. Будьте внимательны к таким симптомам: слабость, обмороки, сухость во рту, темная густая моча, низкое кровяное давление, учащенный пульс в лежачем или сидячем положении. Это признаки обезвоживания. Во избежание обезвоживания очень важно, чтобы больной гриппом пил много воды — до 12 стаканов в день.

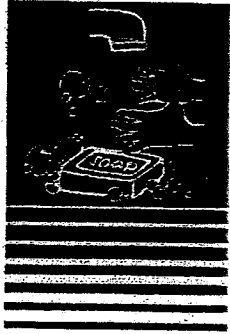


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Russian



Cúm Đại Dịch

Đại dịch cúm là sự bộc phát của siêu vi cúm mới trên khắp thế giới

Đại dịch cúm – hay cúm – là sự bộc phát của một loại siêu vi cúm mới lây lan rất nhanh chóng từ quốc gia này sang quốc gia khác. Do siêu vi còn mới, nên người ta không có miễn dịch tự nhiên đối với nó và cũng chưa chế tạo được thuốc chủng ngừa trong nhiều tháng. Khi chưa có thuốc chủng ngừa hay hệ miễn dịch, thì siêu vi sẽ lây nhanh chóng từ người này sang người khác. Hàng trăm ngàn người tại quốc gia chúng ta có thể bị bệnh, và nhiều người có thể bị chết.

Đã từng có ba đại dịch cúm lớn vào thế kỷ 20 – các năm 1918, 1957 và 1968. Không ai biết đại dịch cúm sắp đến sẽ bắt đầu ở đâu hay khi nào nhưng các viên chức sức khỏe đồng ý rằng đó chỉ còn là vấn đề thời gian.

Nên dự trù gì nếu có đại dịch xảy ra

Đại dịch cúm có thể rất nguy hiểm, do đó mọi người nên chuẩn bị cho điều tệ nhất. Với một phần ba lực lượng lao động bị bệnh hay nằm nhà, tiếp liệu và dịch vụ có thể bị hạn chế hay gián đoạn.

Các viên chức sức khỏe có thể hành động mạnh. Quý vị sẽ được yêu cầu tránh xa người khác, những nơi tụ họp công cộng lớn như hòa nhạc hay thể thao có thể bị hủy bỏ, và nhà trường có thể bị đóng cửa. Các viên chức sức khỏe có thể ra lệnh giữ người bị nhiễm siêu vi ở nhà hoặc vào những cơ sở đặc biệt. Quý vị có thể phải mang khẩu trang tại các cơ sở y tế hay những nơi công cộng khác.

Đại dịch cúm có thể xảy ra trong một thời gian dài. Đại dịch cúm năm 1918 kéo dài 18 tháng.

Nên làm gì ngay bây giờ

- Biết rõ lắng giềng của mình. Khuyến khích người khác chuẩn bị.
- Sẵn sàng giúp gia đình và lắng giềng là lão niên hay người có nhu cầu đặc biệt nếu dịch vụ mà họ phụ thuộc vào không có sẵn.
- Biết rõ chánh sách nhà trường về bệnh tật và vắng mặt. Đặt chương trình lo cho con nếu nhà trường đóng cửa trong thời gian dài.
- Nên chuẩn bị nghỉ làm ở nhà khi bị bệnh. Biết rõ chánh sách lao động về nghỉ bệnh, vắng mặt, thời gian nghỉ và làm việc từ nhà.

- Nên có sẵn một chương trình. Mọi nơi làm việc nên có sẵn chương trình cho những công việc thiết yếu nếu một số lớn nhân viên vắng mặt nhiều tháng.
- Tìm cách hoàn thành công việc mà ít cần tiếp xúc cá nhân, như sử dụng điện thư và hội họp qua điện thoại.
- Chuẩn bị xoay xở trong một tuần hay lâu hơn với những gì quý vị có ở nhà. Cửa hàng có thể không mở cửa hay có ít tiếp liệu.
- Hoạch định để giới hạn số lần ra khỏi nhà mà quý vị cần để mua sắm hay làm công việc lạ t vật.

Phòng ngừa mầm bệnh lây lan

Siêu vi cúm lây từ người này sang người khác khi người nhiễm bệnh ho, hắt hơi hay sờ vào những vật mà người khác dùng. Để bảo vệ bản thân và người khác:

- Che miệng và mũi khi ho hay hắt hơi. Ho vào tay áo hay che miệng và mũi bằng khăn giấy.
- Rửa tay sạch sẽ. Xà bông và nước ấm là tốt nhất, nhưng gel rửa tay có cồn hay khăn giấy xài một lần cũng hiệu quả.
- Không sờ vào mắt, mũi hay miệng.
- Ở nhà khi bị bệnh hay có triệu chứng cúm. Uống thêm nước, nghỉ ngơi nhiều và đi khám với người chăm sóc sức khỏe khi cần thiết.

Biết những điều cơ bản về chăm sóc tại gia

- Biết cách chăm sóc người bị sốt, đau nhức cơ thể và sưng phổi. Trong thời gian đại dịch, làm theo chỉ dẫn của viên chức sức khỏe.
- Biết về mất nước. Siêu vi cúm làm cho cơ thể bị mất nước do bị sốt và ra mồ hôi. Để ý xem có bị yếu ớt, choáng váng, khô miệng, nước tiểu đặc có màu sẫm, huyết áp thấp hay mạch nhanh khi nằm hay ngồi xuống không. Đây là những dấu hiệu bị mất nước. Để phòng ngừa mất nước, điều quan trọng là người bị cúm phải uống nhiều nước — cho đến 12 ly mỗi ngày.



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Children and Pandemic Flu: A Resource Sheet

What Is Pandemic Flu?

A pandemic is a global disease outbreak. A flu pandemic occurs when a new influenza virus emerges for which people have little or no immunity, and for which there is no vaccine. The disease spreads easily person-to-person, causes serious illness, and can sweep across the country and around the world in a very short time.

It is difficult to predict when the next influenza pandemic will occur or how severe it will be. Wherever and whenever a pandemic starts, everyone around the world is at risk. Countries might, through measures such as border closures and travel restrictions, delay arrival of the virus, but cannot stop it.

Health professionals are concerned that the continued spread of a highly pathogenic avian H5N1 virus across eastern Asia and other countries represents a significant threat to human health. The H5N1 virus has raised concerns about a potential human pandemic because:

- It is especially virulent
- It is being spread by migratory birds
- It can be transmitted from birds to mammals and in some limited circumstances to humans, and
- Like other influenza viruses, it continues to evolve.

Since 2003, a growing number of human H5N1 cases have been reported in Asia, Europe, and Africa. More than half of the people infected with the H5N1 virus have died. Most of these cases are all believed to have been caused by exposure to infected poultry. No sustained human-to-human transmission of the disease has been reported, but the concern is that H5N1 will evolve into a virus capable of human-to-human transmission. (Source: Pandemicflu.gov)

Why Is It Important to Address Children's Needs in Pandemic Flu Preparation?

To minimize injury or loss of life, it is very important to address pediatric concerns in relation to pandemic flu planning/preparation. Children are not "little adults;" in fact, they respond differently to illness than do adults (e.g. different heart rate depending on age) and require equipment and supplies in sizes fitting all ages of children. Medication dosages must be calculated based upon the child's weight rather than the standard unit dosages used for adults.

In addition to these physiological variations, children have different psychosocial needs than adults. For example, infants and young children often fear strangers and thus they may resist a healthcare provider's emergency care interventions. They also cannot give information about their problem or pain; hence parents or caregivers are typically the source of patient information.

The communities best prepared to handle a pandemic flu outbreak involving children are those with properly trained emergency personnel, sufficiently equipped ambulances and emergency departments, and well-defined pediatric treatment protocols and procedures.

Pandemic Flu Resources

The following resources might prove useful in preparing your organization, community, or family in the event of a pandemic flu outbreak. The information listed below does not necessarily reflect the opinions or views of the EMSC National Resource Center or Children's National Medical Center.

Resource	Description
American Academy of Pediatrics (AAP) (http://www.aap.org/healthtopics/terrorism.cfm)	The AAP provides health professionals with information on how to: help families plan their response to a disaster, ensure that children's needs are identified and addressed in disaster plans, and advocate for the individual needs of children and family-centered care to be included in disaster preparedness, response, mitigation, and recovery phases.
American Red Cross http://www.redcross.org/news/ds/panflu/	The Red Cross, in conjunction with communities throughout the country, has developed flu pandemic education and materials that can be easily understood and applied in any community or household.

Resource Continued...**Description Continued...**

Illinois EMSC - Disaster Preparedness Exercises Addressing the Pediatric Population (<http://www.luhhs.org/depts/emsc/pedsexercisesdec06.pdf>)

Illinois EMSC - Pediatric Disaster Preparedness Guidelines (<http://www.luhhs.org/depts/emsc/peddisasterguide.pdf>)

Minnesota EMSC -Helping Children and Adolescents Cope with Violence and Disasters (<http://www.emscmn.org/emscinitiatives/helpingchildren.pdf>)

National Advisory Committee on Children and Terrorism: Recommendations to the Secretary (<http://www.bt.cdc.gov/children/PDF/working/Recommend.pdf>)

National Association of State EMS Officials (<http://www.nasemso.org/Resources/PandemicInfluenza.asp>)

National Center for Disaster Preparedness - Pediatric Preparedness for Disasters and Terrorism: A National Consensus Conference. (<http://www.bt.cdc.gov/children/pdf/working/execsumm03.pdf>)

National Strategy for Pandemic Influenza (<http://www.whitehouse.gov/homeland/pandemic-influenza.html>)

New York Times - Health Section (<http://topics.nytimes.com/top/news/health/diseasesconditionsandhealthtopics/avianinfluenza/index.html>)

PandemicFlu.gov (<http://www.pandemicflu.gov/>)

Santa Clara County Health Department (<http://www.sccgov.org/portal/site/phd/menuitem.244564f66e6d425580b558bb35cda429?path=%2Fv7%2FPublic%20Health%20Department%20%28DEP%29%2FPandemic%20Influenza>)

World Health Organization (WHO) (http://www.who.int/csr/disease/avian_influenza/en/index.html)

This document is offered as a resource to organizations as they conduct disaster drills and tabletop exercises. Inclusion of infants and children in disaster drills and exercises is an essential component in preparedness efforts, and can assist in preparing an organization to treat critically ill or injured pediatric patients during an actual disaster or mass casualty incident.

These guidelines are offered as a resource in addressing the needs of children during disaster planning. Please note that the recommendations in these guidelines do not indicate an exclusive course of treatment or serve as a standard of medical care.

This packet of fact sheets discusses the impact of violence and disasters on children and adolescents and suggests steps to minimize long-term emotional harm.

This document provides recommendations on ensuring the safety of America's children and how to meet their physical, medical, psychological and social needs in the face of the threat of terrorism.

This website includes a definition of a pandemic and the conditions that must be met for a pandemic outbreak to begin. A section is included on what the public should do in case such an event occurs, followed by resource links to federal, state, non-profit, and international sources of information. In addition, links are provided to reports and tools published by the CDC, the World Health Organization, and the National Academies of Science.

This summary focuses on how to plan and prepare for treating children during disasters and terrorism events. Subject areas covered include: Emergency and Prehospital Care, Hospital Care, Emergency Preparedness, Terrorism Preparedness and Response, Mental Health Needs, School Preparedness and Response, Training and Drills, and Future Research Agenda and Funding.

This report discusses the pandemic threat, the national strategy for pandemic influenza, and the three pillars of the national strategy.

This webpage contains a collection of articles about avian influenza published in *The New York Times*. It includes easy-to-understand graphics and videos explaining pandemic flu, how it is spread, and its effects on humans.

This website provides one-stop access to all U.S. government avian and pandemic flu information.

This website provides pandemic flu information on a county level. The website contains a pandemic flu plan, pandemic flu information, presentations, media releases, fact sheets, and more.

WHO is coordinating the global response to human cases of H5N1 avian influenza and monitoring the corresponding threat of an influenza pandemic. Information on this page tracks the evolving situation and provides access to both technical guidelines and information useful for the general public.

Disaster Preparedness Internet Resources

American Red Cross	www.redcross.org
CDC	www.cdc.gov www.pandemicflu.gov www.espanol.pandemicflu.gov
Health and Human Services	www.hhs.gov
Island County Health Department	www.islandcounty.net/health Phone 360-679-7350 Fax: 360-679-7390
King County Health Department	www.metrokc.gov
National Volunteer Fire Council	www.nvfc.org
National Association of School Psychologists	www.naspaonline.org
San Juan County Department of Health	www.co-san-juan.wa.us
Skagit County Health Department	www.skagitcounty.net
Snohomish Health District	www.snohd.org
Tacoma-Pierce County Health Department	www.tpchd.org
US Department of Homeland Security	www.ready.gov www.dhs.gov
Washington DOH	www.doh.wa.gov
Whatcom County Health Department	www.co.whatcom.wa.us
World Health Organization	www.who.int

OTHER LINKS

Department of Health - Community Strategy for Pandemic Influenza Mitigation:

<http://www.pandemicflu.gov/plan/community/commitigation.html>

Washington State Department of Health Pandemic Flu Resources

<http://www.doh.wa.gov/panflu/>

Compiles resources, such as FAQ about pan flu, preparedness guides, Video Presentation, Home Care, etc. Pandemic flu preparedness for individuals and families including video presentation, public outreach campaign materials and posters & brochures with translations into other languages.

DOH WA Isolation and Quarantine:

<http://www.doh.wa.gov/phepr/isoquar.htm>

National Disaster Legal Aid:

<http://www.disasterlegalaid.org/>

New website to help victims of disasters find valuable information and assistance to speed recovery from hurricanes, fires, flood, or other disasters. Sponsored by the American Bar Association, Legal Services Corporation, National Legal Aid & Defender Association and Pro Bono Net. Lists information for those that need help and the lawyers who want to volunteer their resources.

Washington State Emergency Management Division – School Preparedness

http://www.emd.wa.gov/preparedness/prep_schools.shtm

Offers an online basic emergency plan for schools and a tool to assist schools in the actions to take as they develop an emergency plan.

Centers for Disease Control and Prevention

<http://www.cdc.gov>

1-800-CDC-INFO (1-800-232-4636)

Offers posters, checklists and fact sheets to assist with pandemic flu planning. They also provide resources with translations into other languages.

U.S. Department of Health and Human Services

http://www.hhs.gov/flu/season_or_pandemicflu.gov

One stop access to U.S. Government avian and pandemic flu information.

OSPI - Health Services section

www.k12.wa.us/HealthServices

1-360-725-6040

OSPI Health Services provides consultation to school nurses, administrators, staff, families, and students in order to reduce the barriers to learning and better assure a safe and health school environment.

School Nurse Corp Supervisors

<http://www.esd112.k12.wa.us/sss/nursecorps/>

1-360-750-7500

The School Nurse Corps serves to help students to achieve academic success by improving school health services and health outcomes.

National Institute of Mental Health Information Center (NIMH)

<http://www.nimh.nih.gov/health/topics/coping-with-traumatic-events/index.shtml>

1-866-615-6464

NIMH information Center provides free publications and educational material about mental health issues including post-traumatic stress disorder.

National Center for Post Traumatic Stress Disorder

1-802-296-6300

The National Center for Post Traumatic Stress Disorder is an education and research center with an information line providing a list of contact organizations, treatment referrals and information about assessment.

Public Health Seattle King County

<http://www.metrokc.gov/health/pandemicflu/>

1-206-296-4600

Provides pandemic flu information for individuals, families, schools, businesses, government agencies and health care professionals. They also provide resources with translations into other languages.

ESD 101 Guidance

www.esd101.net

ESD 123 guidance

www.esd123.org/School/Health/PandemicFlu.html

The Institute for Trauma and Stress at the NYU Child Study Center: Caring for kids after trauma and death

http://www.aboutourkids.org/articles/aboutourkids_resources_helping_children_cope_trauma_death

Provides many articles and checklists for assessing children and helping them cope with trauma and stress and the role of school professionals, and guidelines for intervention.

School Nurse Corps-NWESD 189

www.esd189.org/nurse/resguide/index.html

Interactive Resources & Multimedia Presentations

Stop Germs, Stay Healthy

<http://www.metrokc.gov/health/stopgerms/learn//>

Confronting the Potential for a Flu Pandemic Power Point

[Confronting the Potential for a Flu Pandemic Power Point](#)

Public Health Preparedness Power Point

[Public Health Preparedness.ppt](#)

Business Not as Usual: Preparing for a Pandemic Flu

<http://www.metrokc.gov/health/pandemicflu/video/>

Promising Practices:

<http://www.pandemicpractices.org/practices/list.do?state-id=57>

Fantastic link from the University of Minnesota, which has compiled some of the resources available in Washington state, including an emergency communications toolkit, vulnerable populations action team, information overload media ads, social distancing protocol, alternate care facilities project, healthcare coalition council of King County, newsletters, and options for initiating quarantine or isolation.

Centers for Disease Control and Prevention (CDC)

Web site: <http://www.cdc.gov/>

Index to specific disease information: <http://www.cdc.gov/health/default.htm>

Influenza Information

Web site: <http://www.cdc.gov/germstopper>

National Immunization Program

Web site: <http://www.cdc.gov/nip>

Emerging Diseases

Web site: <http://www.cdc.gov/ncidod/eid/>

Children's Hospital and Medical Center

Web site: <http://www.cshcn.org>

Medline

Web site: <http://www.nlm.nih.gov/medlineplus>

National Association of School Nurses (NASN)

Web site: <http://www.nasn.org>

Occupational Safety and Health Administration (OSHA)

Web site: <http://www.osha.gov>

Washington State Department of Health (DOH)

Web site: <http://www.doh.wa.gov>

Communicable Disease

Epidemiology Web site: <http://www.doh.wa.gov/EHSPHL/Epidemiology/>

HIV/AIDS Web site: http://www.doh.wa.gov/cfh/HIV_AIDS/Prev_Edu/default.htm

STD Web site: <http://www.doh.wa.gov/cfh/STD/>

Immunization Program

Web site: <http://www.doh.wa.gov/cfh/immunize>

School Web site: <http://www.doh.wa.gov/cfh/immunize/>

Distribution Center

7745 C Arab Road

Olympia, WA 98504-7845

Fax to order materials: 360-664-2929

E-mail to order materials: immunematerial@doh.wa.gov

Poster

A poster depicting proper handwashing techniques is available in two sizes: 8 x 11 and 11 x 15. The poster is titled, "BE A GERM BUSTER. WASH YOUR HANDS." It is laminated.

Available from:

Washington State Department of Health Fax to order materials:

Distribution Center 360-664-2929

7745 C Arab Road E-mail to order materials:

Olympia, WA 98504-7845 immunematerial@doh.wa.gov