



Public Health

for the Peninsulas

When business is *not* usual

Imagine if your practice had to function with 25 to 30 percent of your staff sick or caring for sick family members. Do you have a business plan that anticipates all hazards including fire, earthquake *and* an influenza pandemic? Have you anticipated the impacts specific to your business – the business of health care?

Steps your business can take NOW

- ✓ **Contingency plans** Would your emergency plan work for an influenza pandemic as well as for any other hazard? Develop a plan that will.
- ✓ **Core business activities** What activities must happen in your clinic in order to serve patients? Identify what you absolutely can't do without.
- ✓ **Essential services** How will you handle interruptions of water, power, and sanitation? Identify back-up solutions to keep your staff and patients safe.
- ✓ **Cross training** Can your employees perform a variety

of essential functions? Make sure no individual is indispensable.

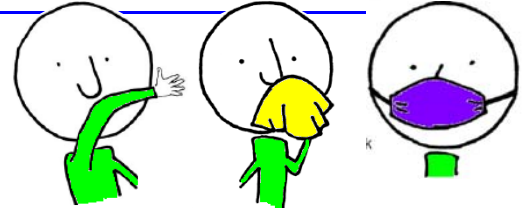
- ✓ **Operations requirements** Is your critical inventory adequate?

Not since 1918 have we had to deal with a major health disaster in the Pacific Northwest. Have we been good? Or have we been lucky?

Develop a checklist of what you can't function without and keep it in stock.

- ✓ **Alternative work sites** What services can your employees do off site? Establish policies and tools to help them work at home if possible.
- ✓ **Services online or by phone** What services can your employees deliver online or over the phone? Start phone and online nurse/doctor consulting now.
- ✓ **Employee awareness** Do your employees know about your emergency plans? Are they informed about pandemic flu? Educate them now!
- ✓ **Leave policies** What about your sick leave and family leave policies? Update them now. Your employees may be too concerned about lost wages to stay home when they are sick.

For more information about business preparation go to these websites:
www.cdc.gov/flu/pandemic/checklists.htm;
www.healthymamericans.org/



Is it a Cold or the Flu?

Symptoms	Cold	Flu
Fever	Sometimes, usually mild	Usual; high (100-102 F; occasionally higher, especially in young children); lasts 3 to 4 days
Headache	Occasionally	Common
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Sometimes	Usual; can last 2 to 3 weeks
Extreme Exhaustion	Never	Usual; at the beginning of the illness
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough	Mild to moderate; hacking cough	Common; can become severe
Prevention	Wash your hands often.	Wash your hands often. Annual vaccination.
Treatment	Supportive care.	Supportive care. Antiviral drugs.

Region 2 Communicable Disease Surveillance Data December 2005

E.coli O157:H7
Salmonella
Campylobacteriosis
Giardia
Hepatitis A
Meningococcal Disease
Pertussis
TB
Chlamydia
Gonorrhea

Kitsap										
Current Quarter (Oct - Dec)	1	9	2	0	0	0	8	1	159	19
2005 Cases	6	21	28	11	0	1	48	6	608	76
2004 Cases	4	14	24	11	3	2	8	2	672	70
*Incidence Rate per 100,000 residents (2004-05)	2.1	7.3	10.8	4.6	**	**	11.7	1.7	266.7	30.4
National Goal (cases per 100,000)	1.0	13.2	N/A	13.2	N/A	13.2	13.2	1.0	170.0	19.0
Jefferson										
Current Quarter (Oct - Dec)	0	1	4	7	0	0	3	1	6	0
2005 Cases	0	2	9	7	0	0	4	1	57	2
2004 Cases	0	2	2	2	0	0	19	0	37	3
*Incidence Rate per 100,000 residents (2004-05)	0.0	**	20.1	16.5	0.0	0.0	42.1	**	172.2	9.2
National Goal (cases per 100,000)	1.0	13.2	N/A	13.2	N/A	13.2	13.2	1.0	170.0	19.0
Clallam										
Current Quarter (Oct - Dec)	1	1	2	2	1	0	0	0	28	3
2005 Cases	1	2	7	4	3	**	2	0	135	18
2004 Cases	0	5	2	8	0	0	2	0	151	8
*Incidence Rate per 100,000 residents (2004-05)	**	5.3	6.8	9.0	**	**	**	0.0	215.5	19.6
National Goal (cases per 100,000)	1.0	13.2	N/A	13.2	N/A	13.2	13.2	1.0	170.0	19.0
*2004 population: Kitsap (239,500), Jefferson (27,000), Clallam (65,900)										
*2005 population: Kitsap (240,400), Jefferson (27,600), Clallam (66,800)										
**Incidence rates not calculated for <5 cases.										

Data source: Public Health Issues Management System (PHIMS); Washington State Department of Health Monthly Morbidity Data

Region 2 Public Health
Kitsap County Health District
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FREE!—Thanks to Harrison Medical Center, **respiratory etiquette kits** are now available by calling the Region 2 Public Health at (360) 337-5752 or (360) 337-5254.

We encourage you to offer the kits to patients with a cough illness.

The kits include a mask, tissues and hand sanitizer gel.