

## **PANDEMIC THREAT**

Upon notification via the Centers for Disease Control and Prevention, the Jones County Health Department, the Jones County Emergency Operation Center, and/or the Mississippi Department of Health that a pandemic event is occurring or expected in the Jones County area, or other areas that affect the College, the Director of the Campus Clinic, the Dean of Student Affairs and/or the VP for Student Affairs will notify the President. Instructions anticipated are to both close the campus and evacuate, or that the campus is to be closed and put under quarantine. The College Pandemic Response Team will take recommendations from the Centers for Disease Control and Prevention, the Mississippi Department of Health and the Jones County Health Department. The Pandemic Response Team will consist of the following divisions: the President's Office, Instructional Affairs, Student Affairs, Information Technology, Institutional Effectiveness, Science/Biology, Campus Clinic, EMT, Licensed Practical Nursing, Associate Degree Nursing, Business Affairs, and Marketing/Public Relations.

### **Pandemic Response Team Members**

Dr. Jesse Smith	Candace Weaver	Gwen Magee
Vicki Hampton	Ed Smith	Dr. Samuel Jones
Erin Knight	Lori Tally	Eric Shows
Finee Ruffin	Rick Youngblood	Paul Spell
Mike Cole	Benji Sessums	

### **How to Stop the Spread: *Good Hygiene Practices:***

1. Cover your mouth and nose with a tissue when you cough or sneeze; put the used tissue in a wastebasket and clean your hands.
2. Cover your mouth and nose with your upper sleeve (not your hands) if you do not have a tissue and need to cough or sneeze.
3. Clean your hands as soon as possible after coughing, sneezing, or blowing your nose.
4. Use soap and water and wash your hands for 15 -20 seconds; or
5. Use alcohol-based hand wipes or alcohol-based (60-95% alcohol) gel hand sanitizers; rub these on the hands until the liquid or gel dries.
6. Clean your hands often when you or others are sick, especially if you touch your mouth, nose, and eyes.
7. Always wash your hands before eating.
8. Carry alcohol-based hand wipes or alcohol-based (60-95% alcohol) hand-sanitizing gels with you to clean your hands when you are out in public.
9. Use sanitizer cloths to wipe electronic items that are touched often, such as phones, computers, remote controls, and hand-held games.
10. Use sanitizer cloths to wipe car door handles, the steering wheel, and gearshift.
11. Avoid contact with blood and body fluids.
12. Do not handle items that may have come in contact with an infected person's blood or body fluids (such as clothes, bedding, needles, and medical equipment).
13. Avoid funeral or burial rituals that require handling the body of someone who has died from Ebola.
14. Avoid contact with bats and nonhuman primates or blood, fluids, and raw meat prepared from these animals.
15. Avoid hospitals where Ebola patients are being treated.
16. If you have been in any affected geographical area, monitor your health for 21 days and seek medical care immediately if you develop symptoms of Ebola.

Healthcare workers who may be exposed to infected people should follow these steps:

- Wear protective clothing, including masks, gloves, gowns, and eye protection.
- Practice proper infection control and sterilization measures.
- Isolate infected patients from other patients.
- Avoid direct contact with the bodies of people who have died from Ebola.

Notify health officials if you have had direct contact with the blood or body fluids, such as but not limited to, feces, saliva, urine, vomit, and semen of a person who is sick with Ebola. The virus can enter the body through broken skin or unprotected mucous membranes in, for example, the eyes, nose, or mouth.

### **Symptoms of Ebola include:**

- Fever (greater than 38.6°C or 101.5°F)
- Severe headache
- Muscle pain
- Weakness
- Diarrhea
- Vomiting
- Abdominal (stomach) pain
- Unexplained hemorrhage (bleeding or bruising)

Symptoms may appear anywhere from 2 to 21 days after exposure to Ebola, but the average is 8 to 10 days. Recovery from Ebola depends on good supportive clinical care and the patient's immune response. People who recover from Ebola infection develop antibodies that last for at least 10 years.

### **Influenza Symptoms**

Influenza (also known as the flu) is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu usually comes on suddenly. People who have the flu often feel some or all of these symptoms:

- Fever\* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

*\* It's important to note that not everyone with flu will have a fever.*

### **Flu Vaccination: Why should people get vaccinated against the flu?**

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others. Over a period of 31 seasons between 1976 and 2007, estimates of flu-associated deaths in the United States range from a low of about 3,000 to a high of about 49,000 people. During a regular flu season, about 90 percent of deaths occur in people 65 years and older. "Flu season" in the United States can begin as early as October and last as late as May.

During this time, flu viruses are circulating at higher levels in the U.S. population. An annual seasonal flu vaccine (either the flu shot or the nasal spray flu vaccine) is the best

way to reduce the chances that you will get seasonal flu and spread it to others. When more people get vaccinated against the flu, less flu can spread through that community.

### **How do flu vaccines work?**

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine.

The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season. Traditional flu vaccines (called trivalent vaccines) are made to protect against three flu viruses; an influenza A (H1N1) virus, an influenza A (H3N2) virus, and an influenza B virus. In addition, there are flu vaccines made to protect against four flu viruses (called “quadrivalent” vaccines). These vaccines protect against the same viruses as the trivalent vaccine and an additional B virus.