

**CALVERT COUNTY PANDEMIC FLU PLAN**  
**July 2008**

WHAT CITIZENS NEED	WHAT CITIZENS CAN EXPECT FROM SERVICE PROVIDERS	WHAT CITIZENS NEED TO DO FOR THEMSELVES
<b>Advance Preparation</b>		
Be prepared in the event of a <i>pandemic flu</i>	<ul style="list-style-type: none"> <li>• There are agencies/businesses in Calvert County that have draft pandemic flu plans in place</li> <li>• Federal &amp; State agencies have pandemic flu plans in place (<a href="http://www.pandemicflu.gov">www.pandemicflu.gov</a> <a href="http://www.edcp.org">www.edcp.org</a> )</li> <li>• Calvert County Health Department (CCHD) and other agencies will provide education to inform the public of emergency preparedness (<a href="http://www.calverthealth.org">www.calverthealth.org</a> )</li> </ul>	<ul style="list-style-type: none"> <li>• Make a family plan to deal with the possible events of a pandemic flu and up date as needed</li> <li>• Discuss plans with family members, friends, others outside of home to ensure understanding of needs</li> <li>• Put together an emergency kit of supplies needed to maintain you/your family for two weeks* (e.g. food, water, etc.)</li> <li>• Get together with your community associations, neighbors, friends and determine how to share resources and support one another in event of a pandemic flu (check on one another, etc.)</li> <li>• Stay informed with local emergency plans and updates</li> <li>• In preparation, realize that normal services may be limited due to illness in the population</li> <li>• Make plans for a current Power of Attorney, Advanced Directives, and Last Will &amp; Testament</li> </ul>
<b>Basic Needs</b>		
Access to reliable information about the status of the pandemic flu	<ul style="list-style-type: none"> <li>• CCHD hot line (will be established in the event of a pandemic flu)</li> <li>• CCHD web site (<a href="http://www.calverthealth.org">www.calverthealth.org</a> )</li> <li>• Radio stations-</li> <li>• FM-98.3 WSMD, 102.9 WKIK, 97.7 WMDM, 104.1 WWZZ;</li> <li>• AM-1560 WKIK, 1690 WPTX</li> <li>• TV channel 6 and newspapers</li> <li>• Emergency information through the emergency mass telephone notification system, CodeRed® (like the reverse 911 system)</li> </ul>	<ul style="list-style-type: none"> <li>• Follow directions provided by the Calvert County public information officials</li> <li>• Keep access to radio including sufficient batteries in case electricity is not available</li> <li>• Purchase/have available a non-wireless phone to back up your wireless phone in case electricity is down (cordless phones will not work without electricity)</li> </ul>

Definitions to words in *italics* can be found on page 8.

\* web reference for time frame [www.pandemicflu.gov](http://www.pandemicflu.gov)

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Know what to do about feeling sick/ill in the household	<ul style="list-style-type: none"> <li>• Calvert Memorial Hospital (CMH) will communicate and provide updates to the health department, clinicians, patients &amp; visitors on pandemic flu</li> <li>• Physicians offices:               <ul style="list-style-type: none"> <li>○ may screen patients via telephone to reduce potential risk of disease transmission</li> <li>○ Non-essential appointments may be postponed</li> <li>○ Offices will be open to the extent possible</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Stay at home if you are ill</li> <li>• Use protective measures (<i>cough etiquette, hand hygiene, etc.</i>) to avoid risk of infection</li> <li>• Wear masks when interacting with those who are ill</li> <li>• Realize that health care services may be limited</li> </ul>
Emergency care when citizens get seriously ill with flu	<ul style="list-style-type: none"> <li>• CMH will have emergency operations conducted on 24/7 basis</li> <li>• There will be a limited number of beds available for treating people with serious flu symptoms</li> <li>• Urgent care facilities will remain open to the extent possible</li> <li>• Emergency transportation may be limited</li> </ul>	<ul style="list-style-type: none"> <li>• Only use the hospital and physician services if you are at a point of severe/life threatening emergency</li> <li>• Be educated and prepared to treat yourself and family for basic flu symptoms (see <a href="http://www.pandemicflu.gov">www.pandemicflu.gov</a> for specific information)</li> <li>• Protect yourself and your family by following guidelines from physicians, emergency operations, and health department</li> <li>• Include in the family plan alternative care for family members (e.g. neighbors, extended family members, friends, etc.)</li> </ul>
Access to Prescription medicines  (CDC currently does not recommend stockpiling of anti-viral medications)	<ul style="list-style-type: none"> <li>• Recruit volunteers to make home deliveries</li> <li>• Pharmacies will remain open to the extent possible and               <ul style="list-style-type: none"> <li>○ Share and rotate employees among chain stores</li> <li>○ Modify hours and close stores as necessary</li> <li>○ Receive multiple deliveries per week</li> <li>○ Receive deliveries directly from the warehouse to enable stock to be available</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Keep a 2 week to 2 month advance supply of all essential prescription medicines</li> <li>• Rotate stockpiled prescription medicines</li> <li>• Discuss stockpiling prescription medicine with physician and pharmacists</li> <li>• Keep an updated list of prescribed medications and allergies</li> </ul>

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Food and other essential supplies	<ul style="list-style-type: none"> <li>• Stores will maintain operations to the extent possible</li> <li>• Stores may have to modify times/days of operation to maintain supplies</li> <li>• Stores may have to modify personnel to maximize operations</li> <li>• Modifications of shopping/pick-up may be put into place</li> </ul>	<ul style="list-style-type: none"> <li>• Follow directions from the grocery stores on getting necessary supplies (e.g., may be shopping on certain days for a particular zip code, may be calling ahead for items &amp; picking up, etc)</li> <li>• Maintain a two week supply at home of:               <ul style="list-style-type: none"> <li>○ Necessary food and water and</li> <li>○ A supply of non-food items</li> </ul> </li> </ul>
Electricity	<ul style="list-style-type: none"> <li>• Providers of electricity will continue to provide services to the public to the extent possible</li> <li>• Plans for emergency operations will be followed and updated as needed</li> <li>• Priority restoration of services will be provided based on verification by federal, state and local emergency management agencies</li> </ul>	<ul style="list-style-type: none"> <li>• Follow guidance given by the utility services on usage</li> <li>• Modify and conserve usage to eliminate shortages</li> <li>• Provide back-up source of electricity to maintain private needs (e.g., oxygen usage, respirator, etc.)</li> <li>• Maintain 2-week supply of battery-operated light-sources (e.g., flashlights, candles, etc.)</li> </ul>
Gasoline	<ul style="list-style-type: none"> <li>• Local service stations will be receiving gasoline to the extent possible</li> <li>• Eliminate unnecessary services and maintain operations to ensure that gas is provided (e.g., gas rationing, limited times of operation, etc.)</li> <li>• Update and maintain an emergency operation plan for the facility</li> </ul>	<ul style="list-style-type: none"> <li>• Maintain a sufficient supply of gas for emergency trips (e.g., hospital, doctor, etc.) a recommended amount of ½ tank</li> <li>• Eliminate unnecessary gas usage</li> <li>• Maintain emergency supply for those who have special needs</li> </ul>
<b>Needs of Different Populations</b>		
Employment/income	<ul style="list-style-type: none"> <li>• Employers responsibility:               <ul style="list-style-type: none"> <li>○ To provide education on pandemic flu</li> <li>○ Have in place a plan to continue operations (e.g., work at home, cross-train employees in case of absences, maintain up to date contact information on employees, etc.)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Stay at home if ill</li> <li>• Explore work-at-home options</li> <li>• Keep contact information up to date with employer</li> <li>• Establish a savings account that can carry you through an emergency for extended period of time</li> <li>• Know which bills can be delayed or payment decreased</li> </ul>

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Public and Private Schools	<ul style="list-style-type: none"> <li>• Schools will maintain normal schedules to extent that teachers are available and basic services are operable</li> <li>• Maintain &amp; update a pandemic flu plan</li> <li>• Educate staff, students and parents on pandemic flu</li> <li>• Communicate up to date information through the email system, web, TV, radio ,etc.</li> <li>• Screen and isolate staff and students for illness</li> <li>• Close schools under the direction of the board of education</li> <li>• Provide for home based education opportunities</li> <li>• Mobilize crisis counselors to address mental health needs</li> </ul>	<ul style="list-style-type: none"> <li>• Do not send children to school with symptoms of flu/illness</li> <li>• Be prepared to provide alternative care of children if schools are closed</li> <li>• Maintain accurate contact information with the school</li> <li>• Inform children of family emergency plans</li> </ul>
Daycare	<ul style="list-style-type: none"> <li>• Maintain and update pandemic flu plans</li> <li>• Maintain and up date parent contact information</li> <li>• Inform parents of plans</li> <li>• Maintain an emergency supply of food, water and other supplies</li> <li>• Educate parents on emergency supplies and contact parents of children with special needs to maintain emergency supplies</li> <li>• Screen and isolate staff and students for illness</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluate day care plans and what supplies they keep on hand</li> <li>• Maintain emergency contact information</li> <li>• Communicate plans to children</li> <li>• Ensure that the day care has an adequate emergency supply for children with special needs</li> <li>• Maintain an alternate childcare plan</li> </ul>

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Needs of Seniors	<ul style="list-style-type: none"> <li>• Senior Centers               <ul style="list-style-type: none"> <li>○ Maintain and up date contact information on members</li> <li>○ Limit activities dependent on the severity of pandemic</li> <li>○ Maintain a supply of food and water</li> </ul> </li> <li>• Seniors in facilities               <ul style="list-style-type: none"> <li>○ Maintain and up date agency plan</li> <li>○ Cross train staff</li> <li>○ Educate staff, residents and family on plan and pandemic flu</li> <li>○ Stockpile essential supplies</li> <li>○ Restrict visitors as needed</li> </ul> </li> </ul> <p>Recruit volunteers if needed</p>	<ul style="list-style-type: none"> <li>• Make sure the agency where your loved one is staying has a plan</li> <li>• Keep contact information up to date</li> <li>• Seniors living alone need to have a “care giver” plan for themselves</li> <li>• Stockpile essential items (e.g., an emergency kit that contains masks, medicines, first aid kit, etc.)</li> </ul>
Needs of <i>special needs populations</i>	<ul style="list-style-type: none"> <li>• Facilities that house persons with special needs maintain and update contact information</li> <li>• Facilities continue operations to the extent possible</li> <li>• Group homes register their special needs clients with the Calvert County Department of Community Resources and up date as needed</li> <li>• Maintain a supply of food and water</li> <li>• Educate staff and residents on pandemic flu</li> <li>• Shelter in place at the facility</li> <li>• Have Personal Protective Equipment (PPE) available (e.g., masks, gloves, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>• Maintain personal emergency kit</li> <li>• Register for the special needs list with the Calvert County Department of Emergency Operations</li> <li>• Make a list of personal needs and resources for meeting them in an emergency</li> <li>• Make sure that your facility has a plan and review</li> <li>• Keep contact information up to date</li> <li>• Have a “care giver” plan in place</li> <li>• Discuss emergency plans with family, friends &amp; caregivers</li> <li>• Stockpile essential items (e.g., an emergency kit that contains masks, medicines, first aid kit, etc.)</li> <li>• Maintain a back up supply of prescription medications</li> </ul>
Care of pets/other animals	<ul style="list-style-type: none"> <li>• Agencies will continue to maintain the safety of pets and humans</li> <li>• Non-essential operations may be suspended (e.g., grooming, non-emergency vet appointments, etc.)</li> <li>• Modifications of work days/hours will be necessary</li> </ul>	<ul style="list-style-type: none"> <li>• Make a plan for your pets if you should become too ill to care for them</li> <li>• Communicate plan to neighbors, family members, and friends to ensure the care of your pets</li> <li>• Maintain a back up supply of food, water and medications</li> </ul>

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<b>Lifestyle</b>		
Maintaining mental health	<ul style="list-style-type: none"> <li>• Maintain and update a pandemic plan</li> <li>• Maintain and up date client contact list</li> <li>• Provide education to staff and public on coping with stress</li> <li>• Mental Health Clinics will have very limited resources</li> <li>• Establish a volunteer list of counselors for mental health needs</li> </ul>	<ul style="list-style-type: none"> <li>• Maintain a back up supply of prescription medication</li> <li>• Provide support/counsel to your own family, loved ones, and others in your community as needed</li> <li>• Use other resources to assist with mental health needs (e.g., clergy, friends, etc.)</li> </ul>
Maintaining a sense of normalcy	<ul style="list-style-type: none"> <li>• Modifications of services may occur (e.g., church, school etc.)</li> </ul>	<ul style="list-style-type: none"> <li>• Maintain the routine activities of daily living as able</li> <li>• Find ways to stay entertained and engaged (e.g., reading, playing games, meals with your family, etc.)</li> <li>• Watch for <i>signs of stress</i> in the family and address them before they become serious</li> </ul>
Spiritual Needs	<ul style="list-style-type: none"> <li>• Promote awareness of pan flu education within congregation</li> <li>• Encourage congregation to develop and maintain family plan</li> <li>• Maintain updated contact information of congregation members. (e.g., establish phone trees, updated phone list, etc.)</li> <li>• Allocate for supplies needed in preparation of a pandemic.</li> <li>• Stockpile supplies that church will need in a pandemic.</li> <li>• Work with community agencies in pandemic planning.</li> <li>• Establish volunteer care teams to assist with congregation's needs during a pandemic</li> <li>• Provide spiritual and emotional support to congregation. Consider alternate ways to minister to the spiritual needs of congregation in the event</li> </ul>	<ul style="list-style-type: none"> <li>• Maintain updated contact information</li> <li>• Provide a copy of plans for care to loved ones, caregivers, and relevant parties.</li> <li>• Volunteer for care teams that will work to support the mission of caring for those in need (e.g., single parent families, families with young children, elderly,).</li> <li>• Donate needed supplies (e.g., tissues, hand sanitizer, etc.) if possible in preparation.</li> </ul>

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	of a pandemic.	
<b>Community</b>		
Public Safety of the Community	<ul style="list-style-type: none"> <li>• Maintain and up date plans for pandemic flu</li> <li>• Inform the public of current guidance on safety issues via above mentioned “access to reliable information” (e.g., closings, travel restrictions, etc.)</li> <li>• Regular services may be limited (e.g., law enforcement responses will be prioritized by severity, etc.)</li> <li>• Civil unrest (e.g., looting, gun use, etc.) will be handled case by case and may require the use of special operations teams (SOP)</li> </ul>	<ul style="list-style-type: none"> <li>• Follow plans and communications from the local government</li> <li>• Only use public safety agencies in the event of severe emergency</li> </ul>
Sanitation/trash removal	<ul style="list-style-type: none"> <li>• County will maintain land fill and transfer stations during event to the extent possible</li> <li>• Private collection services may be limited</li> <li>• Modified hours/days of operations may be necessary</li> <li>• Modifications on recycling may be required</li> <li>• County may place containers into communities</li> </ul>	<ul style="list-style-type: none"> <li>• Follow directions from the county on refuse removal and maintenance</li> <li>• Follow directions of individual trash removal companies on refuse removal</li> <li>• Maintain sanitation of home and area surrounding it</li> </ul>
Handling of fatalities	<ul style="list-style-type: none"> <li>• Maintain and update a pandemic flu plan</li> <li>• Cold storage will be provided as needed and determined by the emergency operations center</li> <li>• Convene the mortuary operations center and family assistance center if necessary</li> <li>• Agencies/facilities will maintain safe, compassionate care of the bereaved and their loved ones</li> </ul>	<ul style="list-style-type: none"> <li>• Communicate with loved ones about issues on death and dying</li> <li>• Establish a burial plan</li> <li>• Follow directions from the Calvert County public information officials on disposition of bodies</li> <li>• Maintain safety of family/self with any handling of bodies</li> </ul>

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### GLOSSARY OF TERMS

*CDC* - Center for Disease Control

*Cough etiquette* - also referred to as respiratory hygiene taken from the CDC influenza web site [www.cdc.gov/flu](http://www.cdc.gov/flu):

- Cover the nose/mouth when coughing or sneezing;
- Use tissues to contain respiratory secretions and dispose of them in the nearest waste receptacle after use;
- Perform hand hygiene (e.g., hand washing with non-antimicrobial soap and water, alcohol-based hand rub, or antiseptic handwash) after having contact with respiratory secretions and contaminated objects/materials

*DHMH* - Maryland Department of Health and Mental Hygiene

*Hand hygiene* - Hand washing with non-antimicrobial soap and water, alcohol-based hand rub, or antiseptic handwash) after having contact with respiratory secretions and contaminated objects/materials

*Pandemic flu* - A worldwide outbreak that spreads quickly from person to person, affecting many people in a short period of time and is capable of causing serious illness and death

#### *Signs of Stress*

- Being unable to recognize or correctly identify family members and friends
- Uncontrollable pacing; inability to stay still
- Neglecting personal hygiene
- Not cooking or doing any housework
- Not understanding what people are saying
- Thinking I am someone I am not
- Thinking I have the ability to do something I don't
- Displaying abusive, destructive, or violent behavior, toward self, others, or property
- Abusing alcohol and/or drugs
- Not getting out of bed
- Refusing to eat or drink

*Special Needs Populations* - A population that cannot address their own response to an event, is unable or unwilling to plan or participate, and people who have no where else to go



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### Acknowledgements

The Calvert Board of County Commissioners signed a proclamation on May 1, 2007 fully endorsing the Calvert Pandemic Influenza Project (CPIP).

The Agency Steering Group members are:

Calvert County Public Schools

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Lt. Homer Rich, Commander

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ARC of Southern Maryland

Asbury Communities, Solomons Island

Calvert Cliffs Nuclear Power Plant

Calvert County Chamber of Commerce

Calvert County Circuit Court

Calvert County Control Center

Count County Public Schools

Calvert County Department of Community Resources

Calvert County Department of Economic Development

Calvert County Department of Finance and Budget

Calvert County Department of Public Safety

Calvert County Department of Public Safety (Fire, Rescue, EMS)

Calvert County Department of Social Services

Calvert County Emergency Management and Safety Division

Calvert County Highway Maintenance

Calvert County Health Department

Calvert County Office on Aging

Calvert County Sheriff

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Calvert Hospice	Our Lady Star of the Sea School
Calvert Memorial Hospital	Prince Frederick Veterinary Hospital
Calvert Interfaith Council	Project Echo
Calvert Nursing Center, Prince Frederick	Rausch Funeral Home
Chesapeake Highlands Memorial Gardens (Mortuary Services)	Solomons Nursing Center
Chesapeake/Potomac Home Health Agency	Southern Maryland Community Network
Dominion Cove Point	Southern Maryland Electric Cooperative (SMECO)
Lee Funeral Home	Southern Memorial Gardens
Maryland Dept. Of Education: Division of Early Childhood Development (Southern MD)	The Calverton School
Maryland State Police, Barracks U	The Tidewater School
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