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CDC Features - What You Should Know about Using Facemasks and Respirators - Microsoft Internet Explorer

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CDC Features

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What You Should Know about Using Facemasks and Respirators during a Flu Pandemic



The Centers for Disease Control and Prevention (CDC) has released interim guidance for the use of facemasks and respirators by the general public in certain public settings during an influenza pandemic. See the full guidance...

Photo courtesy of Moldex

The fact sheet below provides information about the use of facemasks and respirators in public places during an influenza (flu) pandemic. It does not address the use of facemasks and respirators in the workplace or in healthcare settings.

Taking Protective Actions during a Flu Pandemic

A flu pandemic is an outbreak caused by a new flu virus that spreads around the world. The virus will spread easily from person to person, mostly through coughing and sneezing. Because the virus is new to people, everyone will be at risk of getting it.

During a flu pandemic, you can use simple actions to help protect yourself and others from becoming sick with the flu. No single action protects completely. If used together, the steps below can help reduce the chances of becoming infected.

- Wash your hands often with soap and water. Use an alcohol-based hand cleaner if soap and water are not available.
- Cover your mouth and nose with a tissue or your arm when you cough and sneeze.
- Stay away from other people if you are ill.

Other features on the page include: Email this page, Printer-friendly version, Text Size, Get Email Updates, Podcasts, RSS, PandemicFlu.gov, and a list of other features like Masks & Respirators, Spring Travel, Mother's Health, Moving Outdoors, CDC.gov Virtual Tour, and Archive of Previous Features.

Contact Interventions— Social Distancing

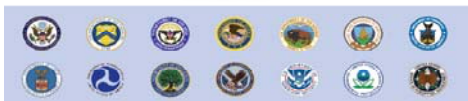
In addition to isolation....or voluntary quarantine....

- Cancellation of large public gatherings
- **School dismissals—protective sequestration of children and teens** (produce more virus/longer)
- Alternatives to face-to-face contact at work
- Increasing distance between people (> 3 – 6 feet)
- Decreasing the number of potential contacts

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



Interim Pre-pandemic Planning Guidance:
Community Strategy for Pandemic Influenza
Mitigation in the United States—
Early, Targeted, Layered Use of Nonpharmaceutical Interventions



Introduced

February 1, 2007

****Note:**

**Business
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Mitigation Strategies What they Mean for Business

The CDC has issued interim **Community Mitigation Strategies** to use alongside individual control Measures such as **social distancing, hand washing, PPE use, and cough etiquette**. The proposed strategies are:

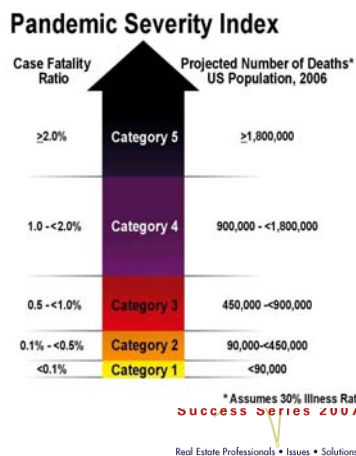
- **Voluntary isolation** (home or healthcare setting) of all persons with confirmed or probable pandemic flu coupled with influenza antiviral medication treatment, as appropriate.
- **Voluntary home quarantine** of households with confirmed or probable influenza cases combined with the preventative use of antiviral medications, when available.
- **Dismissal of students** from schools, colleges, and universities and school-based activities and closure of childcare programs coupled with community social distancing strategies for children.
- **Social distancing of adults in the community and workplace**, including canceling large public gatherings; altering workplace environments; and instituting flexible leave policies.

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Pandemic Severity Index



- Similar to the system for categorizing the strength of hurricanes, the CDC interim guidance introduces a **Pandemic Severity Index**.
 - Uses fatality ratio as the critical driver for forecasting a pandemic's severity.
 - Allows for better forecasting the impact of a pandemic
 - Enables recommendations to be made regarding mitigation strategies and interventions.



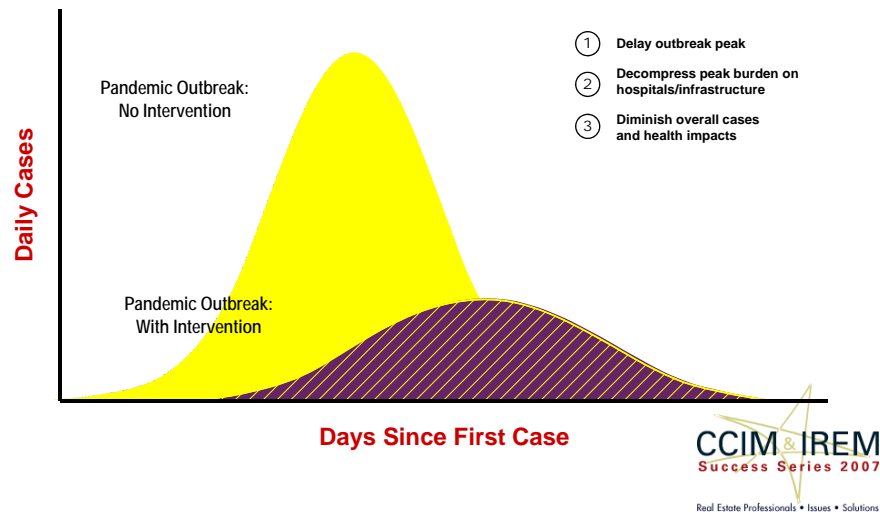
Interventions Are Tied to Index



- The **Pandemic Severity Index** provides businesses and communities a tool for scenario-based contingency planning to guide their pandemic preparedness efforts.
- The matrix summarizes the recommended strategies for families, schools, and workplaces, keyed to the severity index.

Interventions by Setting	Pandemic Severity Index		
	1	2 and 3	4 and 5
Home			
Voluntary isolation of ill at home (adults and children); combine with use of antiviral treatment as available and indicated	Recommend ^{2,3}	Recommend ^{2,3}	Recommend ^{2,3}
Voluntary quarantine of household members in homes with ill persons ⁴ (adults and children); consider combining with antiviral prophylaxis if effective, feasible, and quantities sufficient	Generally not recommended	Consider ³	Recommend ⁴
School			
Child social distancing			
-dismissal of students from schools and school-based activities, and closure of childcare programs	Generally not recommended	Consider; ≤4 weeks ⁴	Recommend; ≤12 weeks ⁷
-reduce out-of-school social contacts and community mixing	Generally not recommended	Consider; ≤4 weeks ⁴	Recommend; ≤12 weeks ⁷
Workplace / Community			
Adult social distancing			
-decrease number of social contacts (e.g., encourage teleconferences, alternatives to face-to-face meetings)	Generally not recommended	Consider	Recommend
-increase distance between persons (e.g., reduce density in public transit)	Generally not recommended	Consider	Recommend
-modify or cancel selected public gatherings to promote social distance (e.g., postpone indoor stadium events)	Generally not recommended	Consider	Recommend
-modify work place schedules and practices (e.g., telework, staggered shifts)	Generally not recommended	Consider	Recommend

Goals of Community Mitigation



Challenges to Consider

- Dismissal of schools and daycares/ closure of public places
- Transit shutdowns (air, rail, bus)
- Closure of stores/ businesses (grocery, drug, etc.)
- Supply chain and fuel disruptions
- Drinking and wastewater treatment system disruptions
- Power outages
- Healthcare surge capacity
- Public Safety
- Quarantines or restrictions of movement
- Communication with stakeholders.

Guiding Principles

- Pan flu planning activities should serve as the catalyst for broader, “all hazards” planning.
- Most of what we do to maximize our pan flu preparedness and response capabilities should also enhance our capabilities for other threats, including natural disasters, man-made accidents, and intentional acts of terrorism.
- Money spent on pan flu preparedness should enhance all hazards preparedness whenever possible.



Goal

- Create a “culture of preparedness”
 - Business plans
 - Individual plans
 - Care for their own and their family’s safety and health
 - Be aware of institutional policies and procedures
 - Follow recommendations



www.pandemicflu.gov

PandemicFlu.gov AvianFlu.gov

One-Stop access to U.S. Government avian and pandemic flu information. Managed by the Department of Health and Human Services.

Understanding Flu Terms
 Flu terms defined - Seasonal flu, avian flu, and pandemic flu are not the same.

News
 Aug 30 - \$75 Million in Supplemental Funding Released to States
 Aug 21 - North American Plan for Avian and Pandemic Influenza Released
 Aug 15 - WHO Updates Clinical Management of Human Infection with Avian Influenza A (H5N1) Virus
 Aug 09 - NIH Scientists Target Future Pandemic Strains of H5N1 Avian Influenza

Nations With Confirmed Cases of H5N1 Avian Influenza

Where you live

Click on map for larger image
 Confirmed Human Cases by Country
 Confirmed Animal Cases by Country
 See Travel Information

Pandemic Alert Phase
 WSIQ Phase 2: No or very limited human-to-human transmission
 US Stage 0: New domestic animal outbreak in at-risk country

Avian Flu Watch
 Human Cases (WHO)
 Animal Infection (OIE)
 Situation Update (WHO)
 H5N1 Timeline (PDF - 100 KB) (WHO)

Resources
 Federal Progress Report
 Planning Checklists
 Planning Tools
 Community Strategy for Pandemic Influenza Mitigation
 Pandemic Influenza Preparedness, Response, and Recovery Guide for Critical Infrastructure and Key Resources
 Risk Communication
 National Strategy for Pandemic Influenza Implementation Plan One Year Summary

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“Our country has been given fair warning of this danger to our homeland—and time to prepare. It is my responsibility as President to take measures now to protect the American people.”

President George W. Bush
National Institutes of Health
[November 1, 2005]



“The avian flu bears the potential for societal disruption of unprecedented proportion. Strong partnerships and smart planning will be our best protection against this threat.”

DHS Secretary Michael Chertoff
Department of Health and Human Services
Remarks to the Convening of the States on Pandemic Influenza Preparedness
[December 5, 2005]



"We don't know when a pandemic might strike. But we can be sure of two things:

*Everything we do before a pandemic will seem alarmist.
Everything we do after a pandemic will seem inadequate.*

This is the dilemma we face, but it should not stop us from doing what we can to prepare. We need to reach out to everyone with words that inform, but not inflame. We need to encourage everyone to prepare, but not panic."

HHS Secretary Michael Leavitt
Department of Health and Human Services
Pandemic Influenza Leadership Forum
[June 13, 2007]



Questions?





Homeland Security

