

Preparing for a Pandemic Influenza Outbreak The Self Imposed Reverse Isolation (SIRQ) Plan

- 1) Protecting the Family – Building a Safe Haven
 - a. Protecting the family from the influenza virus is central to the plan.
 - b. This requires that families sequester themselves from the outside world in order to avoid infection.
 - i. Children should not go to school or play with friends.
 - ii. Parents should work from home as much as possible.
 - iii. The family should not attend public events (sporting events, cultural events, religious services, etc.).
 - iv. If family members do have to leave sequestration, they must be educated and committed to maintaining protection.
 - c. Parents
 - i. Must establish their home as a protected cell.
 - ii. Must understand that as long as their family is sequestered they are safe, but safety is only good AS LONG AS EVERY FAMILY MEMBER REMAINS SAFE AND DOES NOT BRING THE INFECTION HOME.
 - iii. Must understand the importance of not allowing children to interact with others outside the family during the time the plan is in place.
 - iv. Must know how to remain safe when they leave the home:
 1. Protective equipment,
 2. Protective methods of interacting in an infectious environment.
 - v. Must have their homes prepared for a disruption in services.
 - d. Children
 - i. Are at high risk for transmission of disease because of less than ideal hygiene, close contact with others in closed environments, inadequate hand washing, etc.
 - ii. Need to be sequestered in family groups.
 - iii. Need to be isolated from others who are potentially infected.
 - iv. Need to be trained in methods of protecting themselves from infection at their level.
- 2) Protecting the Individual
 - a. During an influenza pandemic, any individual that has to interact with the outside world must consider all they come in contact with as being infected.
 - b. Individuals must know how to interact in such an environment:
 - i. Need education and training about how to protect themselves.
 - ii. Need protective equipment to allow them to interact.
- 3) Protecting the Community
 - a. Community leadership must support the SIRQ plan and strongly encourage its implementation:
 - i. Educating leaders, families and individuals about the plan.
 - ii. Implementation of reverse quarantine protection early (BEFORE THE INFECTION HITS THE COMMUNITY).
 - iii. Cancellation of schools, meetings, public venues, etc. (BEFORE THE INFECTION STARTS)
 - iv. Identify key services and individuals essential to these services:
 1. Provide or strongly encourage personal protection use in all essential sectors early.
 2. Plan on contingencies.
 - b. Must provide venues for education of individuals and families.
 - c. Should facilitate obtaining protective equipment for individuals or groups.
 - d. Must lead by example.

This plan can be implemented without government or community support. A family or individual could use this plan and protect themselves as long as they are willing to keep themselves separate.