

QUARANTINING for Epidemics or Other Biological Problems

FACTS ABOUT THE AVIAN FLU

- 1-2 days incubation period
Abrupt onset of fever ($> 101^{\circ}$), chills, myalgia, headache, followed by cough and upper respiratory symptoms. Abdominal symptoms are not the flu.
- 5-6 days of restricted activity, 3 days bedridden
- contagious approx. 6 total days = 1 day before onset and 5 days after onset
- Tamiflu and Relenza help a lot, but are difficult to obtain (prescription only, and the U.S. is out)
- Over 50% of Avian flu cases thus far have been terminal.
- Getting a pneumonia shot every 10 years helps you to not have the flu turn into bacterial pneumonia. Viral pneumonia is not affected by the shot, but it is usually not as serious as bacterial pneumonia.
- There are between 20,000 and 40,000 deaths in the U.S. annually from the flu (not Avian).
- In some ways, the young and healthy are at just as great or greater risk with the Avian flu as the elderly and infants. The magnitude of their immune response worsens the symptoms.
- A pandemic won't occur until the spread becomes person to person. It's still bird to person.
- It will probably take 6-8 months after the onset of a pandemic before a vaccine is available.

In-place sheltering for something like a chemical attack is extremely short-term (1-2 hours) and requires an absolutely airtight room. This is not the case when the problem is biological. It is extremely unlikely that we will experience a dangerous cloud of biological contamination blowing our way. More likely is that the problem will be an outbreak of some disease that comes either through contaminated food or water, or via contaminated people.

If this should occur QUARANTINING will be required. This means that you, if you are sure you haven't been exposed, will stay in your home for the length of the community life of the disease. This could as long as 3+ months -- the authorities will tell you when it's safe to stop the quarantine. During quarantining, you can use your tap water, heat and electricity, go out to the wood pile and garage, but you must not come in contact with other people (like neighbors) that you can't be certain have not been exposed.

If you are sure you have been exposed, call a public health official about precautions to take. (Dial 851-7037, 376-7576, or 1-888-EPI-UTAH, a 24-7 number to the Utah Dept. of Health.) If you don't know whether you've been exposed or not, do separate quarantining of yourself from the rest of your family members -- perhaps in the garage or in a specially set-apart room in your house, until you are sure one way or the other.

The present threat of an Avian Flu pandemic is an example of an event that could occur requiring us to quarantine for a longer of time. Below is a list of things that would be wise to have ready in your home in case of such a need. Note, the Avian Flu is still bird to person and won't become a pandemic until it crosses the person-to-person barrier.

The Church has long recommended a year supply be kept on hand; but if that is too much for you to deal with at this time, start with a 3 month supply. If that is too much, do a 1 month supply. The numbers below represent a 3 month supply for 1 adult. Essential items are listed first and items of lesser importance afterwards. Of course, smaller children require less, and you can estimate for them based on these numbers.

Essentials -- 3 month list for 1 adult:

- 100 total lbs. of grains (wheat, oats, rice, popcorn*, millet, quinoa, barley, rye, pastas...)
- 15 total lbs. of legumes (split peas, pinto beans, kidney beans, lentils, chili beans...)
- 2 #10 cans of powdered milk
- 2 qts. cooking oil or shortening
- 15 lbs. sugar or honey
- 1 lb. of salt
- 25 gal. water (= 2 weeks supply) [Public water shouldn't be contaminated in a flu epidemic, so your tap water should still be safe, but it can only be intelligent to have water storage on hand for all contingencies.]

Secondary but important items:

- 1 lb. yeast
 - ½ lb. baking powder
 - ½ lb. baking soda
 - 10 lbs. pasta
 - 1 qt. vinegar
 - 2 large jars peanut butter
 - 24 cans tuna fish & other canned meats (turkey, sardines, salmon, chicken, beef...)
 - 12-24 cans chili
 - any other foods or items that you regularly eat and will hope you have on hand if you can't go to the store for 3 months (canned or dehydrated fruits and vegetables such as peaches, apples, plums, apricots, tomatoes, green beans, onions, corn, alfalfa seeds for sprouting, sprouting barley seeds..., spaghetti sauce, butter, frozen orange juice..., condiments... i.e. a 3-MONTH SUPPLY OF THE FOOD YOU EAT!)
 - toilet paper (12-20 rolls)
 - feminine hygiene and diapers
 - vitamins, medicines, and 3 months of your prescription medications
 - laundry soap, hand soap, dish soap, shampoo, conditioner, deodorant, and other toiletries...
 - ½ gal. Clorox
 - keep your cars' gas tanks more than half full at all times
 - see if you can work from home, but if you absolutely have to go out, use latex gloves and an N-95 dust mask
 - keep enough money in your account to be able to pay your bills until you can return to work
- *Popcorn will make much better cornmeal when ground than whole yellow corn, but you have to have a strong wheat grinder that can grind grains as hard as popcorn. Not all are. Plus, popcorn pops!