

# Pandemic Flu

## Risk overview





# Risk Pandemic Flu

<b>Risk Lead</b>	<b>UK Health Security Agency (UKHSA)</b>
<b>Risk Descriptor</b>	<p>Pandemics are natural events that happen when a unique novel pathogen that few people (if any) are immune to. Pandemics have been caused by both viruses and bacteria. In a pandemic, the new novel pathogen will spread quickly and cause more serious illness in a large proportion of the population, due to the lack of immunity.</p> <p>Each pandemic is different and the nature and its impacts cannot be known in detail in advance. All ages may be affected, but we cannot know until it emerges which groups will be most at risk.</p>
<b>How Prepared Are You?</b>	
<b>How to prepare for the risk</b>	<p>Keep healthy – a healthy lifestyle will be a great defence against flu and other illnesses.</p> <p>Identify a flu friend – somebody who would collect your medication, food and other supplies allowing you to be isolated from the public.</p> <p>Keep personal stocks of “over the counter” cold and flu medication to help relieve your symptoms.</p> <p>The annual flu vaccine can help reduce the risk of flu. It is free for those most at risk – see <a href="http://www.nhs.uk">www.nhs.uk</a> or speak to your GP or pharmacist.</p> <p>Look out for and observe advice and guidance from the NHS.</p>
<b>How to respond to the risk</b>	<p>Stay up to date with the latest <a href="#">information and guidance</a> from the UK Health Security Agency (UKHSA) on the emerging disease of concern.</p> <p>Ensure you follow any national or local temporary restrictions that have been put in place to help reduce the risk of spreading the disease.</p> <p>Refer to the <a href="#">NHS Website</a> for information on the signs, symptoms and treatment options for the emerging disease of concern.</p> <p>For pandemic flu, good hygiene remains the most effective defence until a vaccine can be developed. Antibiotics will not have any effect on flu, as it is a virus and antibiotics only kill bacteria.</p> <p>Flu germs can live on some surfaces for hours. If you have flu, you can protect others by carrying tissues with you and using them to catch your coughs and sneezes. Bin the tissue, and to kill the germs, wash your hands with soap and water or use a sanitiser gel. This is the best way to help slow the spread of flu.</p> <p>If you have concerns about symptoms, call the 24/7 NHS non-emergency numbers 111. For emergencies continue to dial 999.</p>

<b>How to recover from the risk</b>	<p>Stay up to date as guidance changes and restrictions are lifted (if applicable), by visiting the <a href="https://www.gov.uk">Gov.UK</a> website.</p> <p>Ensure you follow the additional guidance relevant to any pre-existing health conditions you have; if you're not sure, contact your GP.</p>
<b>How prepared is your family?</b>	<p>Identify a flu friend – somebody who would collect your medication, food and other supplies allowing you to be isolated from the public. Do you each have an up-to-date list of your current medications? Have you each had your latest vaccinations for Flu and Covid-19? Have you each signed up for an <a href="#">NHS login</a> to access health and care websites, apps and services?</p>
<b>What can you do to support your Community?</b>	<p>Identify neighbours who may need assistance or who may be able to provide assistance to you in the event of restrictions on movement, or if you need to self-isolate.</p> <p>Make sure that any vulnerable neighbours or relatives are safe and help them make arrangements for delivery of essential supplies of food and medicine if they need to self-isolate.</p>
<b>How Prepared is your business?</b>	<p>Review any business continuity plans to ensure your business can cope in times of staff shortage.</p> <p>Do you have suitable risk assessments in place for the threat of an emerging infectious disease?</p> <p>Can you quickly work with your staff members or volunteers to complete individual risk assessments, if necessary, to protect those who may be at increased risk from the emerging infectious disease?</p>
<b>What are the Lincolnshire Resilience Forum doing to prepare for this risk?</b>	<p>The LRF work together to plan for:</p> <ul style="list-style-type: none"> <li>• Management of the demand on the NHS and social care;</li> <li>• Distribution of anti-viral medication to the public;</li> <li>• Vaccinations;</li> <li>• Public awareness and media management;</li> <li>• Managing excessive levels of death;</li> <li>• Individual LRF organisations have their own business continuity plans in place to cope in times of staff shortage.</li> </ul>

For further information please see the LRF website: [www.lincolnshireresilienceforum.org](http://www.lincolnshireresilienceforum.org)