



HE'D TAKE ON ANYTHING EXCEPT  
**INFLUENZA**



## What's the difference between seasonal and pandemic influenza?

Pandemic influenza will be a new and different influenza virus from the seasonal influenza virus. Many more people may get sick with pandemic flu.

You cannot yet immunise against pandemic influenza as a pandemic virus does not exist. When this pandemic flu virus hits, it will take up to six months to develop a vaccine.

You can, however, immunise against seasonal influenza. Being ill with influenza would make you even more vulnerable should a pandemic strike so vaccination against seasonal influenza is strongly recommended.

**Ask your doctor or nurse today about influenza immunisation.  
Do it for your whanau and your community.**



Tena koutou katoa

Whanau - are we prepared for a pandemic flu? Is our whare able to house and feed our whanau for at least a week?

**BEFORE** a pandemic flu: Now is the time to start preparing our whanau and whare. We don't want to miss out and end up spending a week with no kai, water or medicine. It may be good to korero with whanau living elsewhere, to see who will be looking after who, so that you are not worried about whanau who may be living alone or elderly. Basically, it's about whakawhanaungatanga - we all know what that is about.

**DURING** a pandemic flu: While at home with whanau, it will be important to watch out for those who are sick and avoid passing their germs, to those who are well. It is equally important to keep all our whanau in good spirits and get them involved in things around the whare like; young ones occupied with games and activities; the elderly occupied with korero and waiata; the adults occupied with gardening, fishing and studying. We don't have to sit around feeling as though we cannot do anything. Keep Well and Keep Active!

**Want to know more?**  
Call us on Freephone (Wgtn-Kapiti)  
**0800 999 442 - Ask For PANUI!**  
We will be happy to assist you

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Nāu te rourou,  
nāku te rourou,  
ka ora te manuhiri.

Nāu te rākau,  
nāku te rākau,  
ka mate te hoariri.



## Pandemic Flu Panui

Issue No. 3, Are We Prepared? - May 2006  
Capital & Coast District Health Board

### Pandemic Flu - What is it?

It is an outbreak of serious flu illness that will affect the whole world.

(At the moment - we are preparing for this)

## Are We Prepared?

- ◆ **The world is preparing for a new flu virus that we haven't come across before.**
- ◆ **Ourselves, our families our friends and our communities will be at risk of catching this pandemic flu virus.**
- ◆ **Surviving this pandemic flu depends on:**  
- **How Well We Prepare Ourselves**

# Pandemic Flu Prepare For It?

*Some items  
our Whare  
need in an  
Emergency!*

Kai

Medicines (that  
you need to  
keep well)

Plenty Water

Paracetamol

Tissues

First Aid Kit

Torch/batteries

Radio/batteries

Rubbish bags

Toiletries

Important  
papers like  
birth certificate  
passport  
drivers licence

Books/Games  
or musical  
instruments

*Have enough  
supplies to  
last at least  
one week!*

Although we have no 'time' or 'date' or 'warning' of exactly how severe this pandemic flu is going to be - we do know that it will be a stressful time, a grieving time, and a time to be prepared to have no shops, bars, local sports clubs, social welfare, doctors, buses or transport operating as per normal. Everything will be abnormal. We will have to do things differently.

Plan to have food, medicine for those who use it regularly and need it, paracetamol, first aid kit, toiletries, tissues, rubbish bags, torch or candles, lots of water, a radio with batteries, all your important papers like drivers licence, birth certificates, and items like games, books and musical instruments to keep the family occupied during this time. These are just some items that would be essential to have at home during a pandemic flu.

Although you may think that it is expensive to have everything that is suggested here. Look around your home, the chances are that you already have much of what is required but it would be good to consider those items you may not have at home like batteries for the radio and torch, matches for the candles. Whatever the case, NOW is the time that your whanau PLAN to get together and PREPARE for this.

## Plan to live?

### Basic hygiene is the key to beating this deadly flu virus.

The difference between the 1918 flu pandemic and now is a lot of our whanau live in big cities, suburbs, and some still out in the countryside. We also return to our marae on occasions and there we meet everyone. Because of this, we come into close contact with many whanau and community.

### What we have forgotten over the years is - Basic Hygiene!

If you cough - cover your mouth with a tissue so the spray and droplets do not infect our whanau. Immediately throw that used tissue into a rubbish bag or bin. Wash and dry your hands thoroughly to kill any viruses that would have ended up on your hands. This stops us from spreading spray and droplets (we call hūpē, paku, tuwha, tuha, hūare, hūhare, kea), infected with the virus.

If you are sick or feeling like you are getting the flu, stay home. Don't mix with people because they will surely get infected by you.

If you are healthy and think you can go elsewhere during a pandemic flu emergency - STAY home and look after your whanau who are there with you.

**WASH HANDS**  
Thoroughly  
with soap  
and water  
(20 seconds)  
**DRY**  
Your Hands  
Thoroughly  
(20 seconds)

# Pandemic Flu Be prepared for anything

## At any time - a disaster could happen

We feel the earth shake and we think to ourselves - is this the big one? We hear of floods around us and we think to ourselves - is this going to happen here? Now we await a pandemic flu that could spread throughout the world - and we think to ourselves - When?

## Enough thinking - it is time for ACTION!

DO - Stop the spread of the pandemic flu by educating whanau now, to stop coughing and sneezing openly and to wash their hands thoroughly.

DO - Make sure you have enough supplies and essential medicines stored away in your whare.

## Here's A Few Tips For You....

### WATER

Empty drink bottles with lids - **RECYCLE THEM!**  
and fill them with water.  
- **STORE AS MUCH WATER AS YOU CAN!**

### KAI

Canned and packet foods are good to **STORE**  
Got land 'big' or 'small' - put in a kai garden!  
Fill the Freezer with kai (wild pork, venison, fish)

### MEDICINE

Ask your Doctor if you can get an extra supply of your  
medicines to have at home - **STORE IT**  
Paracetamol - help those with fever - **STOCK UP**

### EXTRAS

Got a BBQ, then fill the gas bottle and get it **READY**  
Rubbish bags & Toiletries - **STOCK UP**  
Tissues/serviettes/paper towels - **STOCK UP**  
PETS, they will need kai and water too - **STOCK UP**  
Candles, Torches & Batteries - **STOCK UP**  
Battery powered radio - **A MUST HAVE**  
Fishing gear always packed and **READY TO GO**  
Soap and Bleach - Ideal to have these - **STOCK UP**  
Yellow Pages - Back Page - **READ IT**

**LISTEN in to your local RADIO STATION**