

Executive Summary

Pandemic Flu Citizen Engagement

A project of One KC Voice in partnership with Consensus.

Sponsored in part by local public health agencies: Clay County, Mo., Health Center; Independence, Mo., Health Department; Jackson County, Mo., Health Department; Wyandotte County, Kan., Health Department.

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Background

Local public health departments in Greater Kansas City have developed plans to address pandemic flu. Pandemic flu occurs when a new strain of flu virus spreads quickly from human to human and causes widespread serious illnesses or deaths. Four of the region's 10 public health agencies participated in a project to engage the public in preparing for pandemic flu. They agreed to work with One KC Voice, the region's new citizen engagement initiative, to get citizen feedback on how to refine their local response plans.

Values meetings: How will citizens respond to a pandemic?

A series of 23 meetings were held with citizens to help local health departments gain a better understanding of how citizens might respond to a pandemic. Citizens were presented with three scenarios regarding pandemic flu.

1. Scenario One: It's early in the first wave.

- **People asked:** How would a vaccine work; would funerals be held; would electricity, gas and water be available and continue operating; what food and supplies should be stockpiled.
- **What would you do:** Be cautious but not resort to isolation; continue to go to work; avoid crowds; cancel travel plans to avoid being exposed to germs or stranded away from home; get information; stock up on supplies; mobilize community groups.

2. Scenario Two: The pandemic flu has hit metro Kansas City.

- **People asked:** How will I get food and medicine; how will I earn a paycheck; will my child go to school and child care.
- **What are your responsibilities:** Help others.
- **What are local government's responsibilities:** Provide credible information.
- **If you got sick, where would you get information:** Family doctor, medical school or ask-a-nurse hotline. Elderly people were more likely to ride out the sickness rather than risk exposing their caregivers.



3. Scenario Three: A vaccine is available.

People said: They would be able to get the vaccine. Most would volunteer at a vaccination site, once their concerns about their personal health were addressed. When it comes to family, some said they might simply refuse to follow instructions from local health departments or disease control centers. It's important to get people's attention and trust by having local leaders introduce the health professionals.

People asked: How would the vaccine be distributed; who would have priority; how would order be maintained at a central vaccination site.

Workshops identify strategies for action

After completing the values meetings, the project held four workshops. The workshops identified five issues, and citizens were asked to help develop strategies for action.

1. Most people know very little about pandemic flu.

Workshop participants grappled with the question of how to inform people of the need to prepare for pandemic flu in a way that would encourage action.

2. For most people, the biggest barrier to being able to voluntarily stay at home is the need to earn a paycheck.

When citizens talked about the need to maintain an income, they often put the responsibility squarely on themselves as employees. As for those who must work, they said it was vital for the employer to have policies and supplies on hand to protect them.

3. Very few businesses have pandemic flu plans.

Workshop participants said it was important to create a sense of urgency and then provide templates and incentives that would encourage businesses to develop plans.

4. Few neighborhood, church and school leaders are involved in preparing for pandemic flu.

During meetings, people who were in leadership positions in their neighborhoods, churches and schools were likely to ask for information about what they could do to help. Some had already included pandemic flu information in newsletters or had received emergency training, but none were involved in any systematic, organized way.

5. People will disregard health department advisories if they feel they need to care for children or parents.

Participants identified specific actions for health departments, individuals, and community organizations to take. The actions would help to assure that people are prepared to follow advisories and that advisories are, as much as possible, seen as reasonable and appropriate.

The Pandemic Flu Citizen Engagement Steering Committee

- Carol Cobb
- Elaine Lenz
- Lois McDonald
- Steve Pew
- Wayne Vaught

People representing health-related organizations included:

- Mike Chamberlain, American Academy of Family Physicians
- Rhonda Charboneau, Jackson County Health Department
- Kate Donaldson, Independence Health Department
- Jodee Fredrick, Clay County Health Center
- Gay Hall, Wyandotte County Health Department
- Nola Martz, Clay County Health Department
- Nicole Schlaefli, Jackson County Health Department
- Josh Walsh, Independence Health Department

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The One KC Voice Citizen Engagement Network

- Bolling Heights Neighborhood Association
- Bonner Springs City Library
- City of Lee’s Summit, Lee’s Summit Health Advisory Committee
- Grain Valley Schools Emergency Planning
- Jackson County Inter-Agency Council
- Kansas City, Kan., Public Library
- Kiwanis Club
- League of Women Voters of Kansas City/Jackson, Clay and Platte counties
- Lee’s Summit Chamber of Commerce
- Livable Neighborhoods
- Missouri Department of Health and Senior Services
- Mount Zion Baptist Church
- Northland Neighborhoods, Inc.
- Progress Independence
- Residential Life at William Jewell
- Rosedale Development Association
- Shepherd’s Center of the Northland
- St. John the Evangelist Catholic Church
- University United Methodist Church
- YWCA of Greater Kansas City



APPENDIX D:

Food and Supplies Checklist

All households should consider preparing for emergency situations by preparing a stockpile of food and other essential supplies. The following list is combined from a variety of lists included in publications released by the government or credentialed organizations. Most sources recommend that people stockpile 1–3 months worth of these items. Most suggest trying to stockpile foods that don't require refrigeration, preparation (including the use of water) or cooking.

Foods and Nonperishable Items

- Ready-to-eat canned meats, fish, fruits, vegetables, beans and soups
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter or nuts
- Dried fruit
- Applesauce
- Crackers
- Broth
- Canned juices
- Non-perishable pasteurized milk or soy beverage
- Bottled water (1 gallon per person, per day)
- Canned or jarred baby food and formula
- Pet food, water and supplies (flea treatment, etc.)
- Salt
- Sugar
- Cooking oil
- Multivitamins
- Dried beans
- Protein powder
- Rice
- Spices and hot sauce
- Vanilla extract, which improves the taste of canned or powdered milk
- Honey (not to be fed to infants under one year old)
- Instant baby rice cereal (for cereal-based oral rehydration solution)

- Comfort/stress foods like chocolate
- Dental supplies like toothbrushes, toothpaste and mouthwash

Medical, Health and Emergency Supplies

- Alcohol-based hand rub, cleansing agent/soap
- Chlorine or iodine for disinfecting water
- Prescribed medical supplies such as glucose and blood-pressure monitoring equipment
- First aid kit, including antibiotic ointment, adhesive bandages in different sizes, latex gloves, 2 and 4-inch sterile gauze pads, antiseptic, scissors and tweezers, moistened towelettes, 2 and 3-inch sterile rolled bandages.
- Surgical masks
- Cell phone and charger
- Flashlight with extra batteries
- Candles and matches or lighter
- Portable radio and batteries, or hand-crank radio
- Manual can opener
- Garbage bags
- Sealable plastic bags for storage
- Thermometer
- Fluids with electrolytes (like Gatorade) for rehydration
- Medicines for fever, such as acetaminophen or ibuprofen
- Anti-diarrhea medication
- Cough and cold medicine
- Throat lozenges
- Antihistamines

Sanitary Items

- Two 5-gallon buckets — one for feces and one for urine
- Large garbage bags
- Lye — sprinkle this on feces after each use — it will help with odor and decomposition
- Tissues
- Toilet paper
- If you have a baby, disposable diapers and other baby supplies like wipes and diaper cream
- Tampons/sanitary pads
- Paper towels

Additional Materials

- Duct and masking tape
- Whistle to signal for help
- Pens, pencils and paper
- Manual can opener
- Spray paint
- Surgical/dust masks
- Shovel
- Temperature sensors
- Plenty of extra batteries
- Money in small denominations
- Disposable plates, napkins, cups and plastic ware
- Bicycles – fuel may be in short supply
- Novels
- Journal
- Games and books for children
- Deck of cards
- Baby toys
- Contact information for neighbors, family members, doctors and friends
- Any items that will provide you with comfort during a long stay at home

Shelf-life of Foods for Storage

Here are general guidelines for rotating common emergency foods, from the American Red Cross.

Use within six months:

- Powdered milk (boxed)

- Dried fruit (in metal container)
- Dry, crisp crackers (in metal container)
- Potatoes

Use within one year:

- Canned condensed meat and vegetable soups
- Canned fruits, fruit juices and vegetables
- Ready-to-eat cereals and uncooked instant cereals (in metal containers)
- Peanut butter
- Jelly
- Hard candy and canned nuts
- Vitamin C

May be stored indefinitely (in proper containers and conditions):

- Wheat
- Vegetable oils
- Dried corn
- Baking powder
- Soybeans
- Instant coffee, tea and cocoa
- Salt
- Noncarbonated soft drinks
- White rice
- Bouillon products
- Dry pasta
- Powdered milk (in nitrogen-packed cans)

Tips for creating your stockpile:

- Try new foods before buying in bulk. Some items may cause allergies or may be unpalatable. Wheat, for example, can cause allergies when consumed in large quantities.
- If the pandemic alert level rises and you are in a hurry to buy food, purchase mainly the foods your family is used to eating.
- If you're on a budget, as most people are, don't try to buy everything on your list at once. Instead, buy a few items for the stockpile every time you go to the store. Start somewhere. Anything you buy can help in an emergency.
- When you start shopping for your stockpile, buy a variety of foods rather than a year's worth of two

“During a pandemic, whatever you have is what you have to exist on.”

- Citizen Engagement Participant

or three items. If an emergency happens, you'll be better off with more variety.

- Try to purchase foods that are low in sodium to reduce thirst.
 - For water, plan on using 2 quarts for drinking and 2 quarts for food preparation/sanitation for each adult each day. Store in clean plastic containers. Avoid using containers that will decompose or break, such as milk cartons or glass bottles.
 - When buying perishable-when-opened food items, think about the size of the containers. A very large jar of mayonnaise, for example, would require refrigeration, but the electrical grid may be unreliable. Instead, buy many very small jars.
 - Having a variety of foods will help avoid appetite fatigue, where people stop eating rather than eat one more serving of the same old stuff. Stock up on the variety of different grains and legumes available, and include lots of stews, thick soups, tuna, meat, chilies, gravy and any other canned foods that will provide a sense of continuity in your family's meal plan.
 - Vegetarians can stock up on dry milk powder and powdered whole eggs.
 - Keep food in the driest and coolest spot in the house, preferably a dark area.
 - Empty opened packages of sugar, dried fruits and nuts into clean screw-top jars or air-tight cans to protect them from pests.
 - Track the expiration dates of the food you purchase. Use the foods before their expiration dates and rotate new items in to replace what you've used.
- Keep prescription medications filled. Don't wait until it is finished to order more. Try to keep at least one month's supply on hand at all times.
 - Discuss care options with family members and other loved ones. If you will be bringing others into your home to care for them during a flu pandemic, discuss what health supplies, special foods or other items they require. Add those items to your emergency supply list.
 - A software package or spreadsheet can help you put together a shopping list, as you can enter the number of people and their ages and genders and get lists for different time spans. For links to several food storage and nutritional planning programs, including some freeware sources, go to www.fluwikie.com/pmwiki.php?n=Consequences.plannednutrition.
 - The Church of Jesus Christ of Latter-day Saints encourages its members to stockpile a year's worth of food and supplies. They offer pamphlets and an abbreviated version of their food storage calculator at www.providentliving.com. A complete version of the calculator is available at <http://lds.about.com/library/bl/faq/blcalculator.htm>.
 - Many companies sell survival gear, including pre-packaged food survival kits online. Use common sense when purchasing these products. Check out the seller with the Better Business Bureau. Ask local emergency preparedness groups what they advise. Don't assume claims that products are official or endorsed by the government are true, and comparison shop.