



# Resources

## For Pandemic Flu Preparedness

### Pandemic Flu Websites

Storybook – Centers for Disease Control

First hand stories of past pandemics

[http://www.cdc.gov/news/2008/08/panflu\\_storybook.html](http://www.cdc.gov/news/2008/08/panflu_storybook.html)

Creative Commons – Non-government prep site

[www.getpandemicready.org](http://www.getpandemicready.org)

ReadyMoms

<http://www.readymoms.org/>

Wikie

[www.fluwikie.com](http://www.fluwikie.com)

Science and epidemiology of bird flu, day by day updates

<http://www.cidrap.umn.edu/cidrap/content/influenza/panflu/index.html>

Includes slide show/narrative of the 1918 pandemic

<http://sie-panflu.stanford.edu>

Dept of Health & Human Services (*translations*)

<http://www.pandemicflu.gov>

Information and checklists for individuals, schools, businesses, law enforcement, residential care and more...(*translations*)

<http://www.pandemicflu.gov/plan/checklists.html>

Centers for Disease Control

<http://www.cdc.gov/flu/avian/>

Santa Clara County Public Health Dept

[www.sccphd.org](http://www.sccphd.org)

National Strategy for Pandemic Influenza

<http://www.whitehouse.gov/homeland/pandemic-influenza.html>

Red Cross

<http://www.scv-redcross.org/openrosters/ViewOrgPageLink.asp?LinkKey=8934&orgkey=1487>

Pan Flu Preparedness by Seattle/King County, WA

<http://www.kingcounty.gov/healthServices/health/preparedness/pandemicflu.aspx>

Cupertino Office of Emergency Services

[www.cupertino.org/emergency](http://www.cupertino.org/emergency)

408-777-3335

[oes@cupertino.org](mailto:oes@cupertino.org) 10\_01\_08

## **Interactive**

Santa Clara County Public Health Hotline: 408-885-3980

Access Cupertino [www.cupertino.org](http://www.cupertino.org) online questions “Ask Pandemic Patty”

## **Videos**

Pandemic Flu – *What should you know?* – Presented by the City of Cupertino Office of Emergency Services. [www.cupertino.org/pandemicflu](http://www.cupertino.org/pandemicflu) Presented in Jan 2008...references to Bird Flu also apply to Swine Flu.

Why don't we do it in our sleeves? – Entertaining look at cough/sneeze techniques.  
<http://www.coughsafe.com/media.html>

Seattle & King County Public Health presents Business Not As Usual: Preparing for Pandemic Flu, a 20-minute training video to help advance local preparedness efforts.  
A free DVD can also be ordered, which includes helpful planning materials.  
<http://www.kingcounty.gov/healthservices/health/preparedness/pandemicflu/video.aspx>

## **Books**

All of these are available from on-line bookstores and local bookstores.

The Great Influenza: The Epic Story of the Deadliest Plague in History. John M. Barry. Penguin Books, 2004.

Bird Flu Manual: Home medical care and practical family preparation. Grattan Woodson, MD, FACP. Self-published, 2006. [www.booksurge.com](http://www.booksurge.com)

Flu: Alternative Treatments and Prevention. Randall Neustaedter, OMD (doctorate in Oriental medicine). North Atlantic Books, 2005.

Crisis Preparedness Handbook: A Comprehensive Guide to Home Storage and Physical Survival, 2nd edition. Jack A. Spigarelli. Cross-Current Publishing, 2002.

Apocalypse Chow – How to eat well when the power goes out. Jon Robertson. Simon Spotlight Entertainment, 2005.