



ALBERTA'S PLAN FOR PANDEMIC INFLUENZA – A SUMMARY

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Government
of Alberta ■

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Produced by:

Alberta Health and Wellness
PO Box 1360 STN Main
Edmonton, Alberta, Canada
T5J 9Z9

Web site: www.health.alberta.ca

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PURPOSE

Alberta's Plan for Pandemic Influenza has been developed by Alberta Health and Wellness (AHW) and the Alberta Emergency Management Agency (AEMA) to guide and support the pandemic planning and response of the Government of Alberta, the health sector, the municipalities, and other key stakeholders. It has been developed to align with the *Canadian Pandemic Influenza Plan for the Health Sector (CPIP)* as well as the Alberta Health Services pandemic response plan.

The Plan provides a coordinated and phased response to Pandemic (H1N1) 2009 influenza. It is based on a scenario in which pandemic influenza is of moderate severity, but is scalable to address additional responses that may be required should pandemic influenza cause more severe disease or affect a larger proportion of the population. The Plan remains an evergreen document and will therefore be revised to incorporate lessons learned from the Pandemic (H1N1) 2009 influenza response and other pandemic scenarios as required. This document provides an overview of the detailed plan.

UNDERSTANDING INFLUENZA

Human influenza is an infection of the nose, throat and lungs caused by a virus. Symptoms can include fever, cough, headache, muscle pain, runny nose, sore throat, and extreme tiredness.

Influenza is spread easily as the virus passes from person-to-person through contaminated droplets when an infected person coughs or sneezes. Droplets travel through the air up to two metres (six feet) allowing the virus to enter the eyes, nose or mouth of people nearby. The virus can survive on hard surfaces for one to two days and on soft surfaces for 8-12 hours. Infection can occur when people touch a surface contaminated with the virus and then touch either their own mouth, nose or eyes, or someone else's before cleaning their hands.

WHAT IS SEASONAL INFLUENZA?

There are various types of influenza viruses that circulate throughout the world each year and two types that cause outbreaks of disease - influenza A and B. In North America, influenza usually affects people between November and April. This is called **seasonal influenza**. While the symptoms of seasonal influenza may be severe, most people recover in a few days. For some, especially the very young, elderly and those with chronic medical conditions, serious complications and death can occur.

Albertans are infected by various strains of influenza viruses at different times during their life and, as a result of these infections, develop protection (immunity) to those strains of influenza virus. Even though the influenza virus may change slightly from year-to-year, most people will continue to have some protection against severe disease because they have been exposed to similar influenza viruses in the past, and/or particularly if they have been immunized yearly. A new seasonal influenza vaccine is developed and given every year to provide further protection against the changes these viruses may have undergone.

WHAT IS PANDEMIC INFLUENZA?

About three times a century, a more dramatic change occurs in a strain of influenza A virus. In the majority of people, the immune system has never been exposed to this new virus, and

therefore most people have no immunity to protect them from becoming infected. Existing vaccines are not effective and a new vaccine may take longer than usual to develop. If the new virus spreads easily from person-to-person, the influenza virus can spread around the world quickly. This causes widespread outbreaks of disease, and can lead to significant numbers of hospitalizations and deaths as well as social and economic disruption. Typically, outbreaks occur in waves, and the space between waves may vary. This worldwide outbreak is called a pandemic. A pandemic can last for 12 to 18 months (coming in two to three waves, each wave generally lasting six to eight weeks in a community).

Influenza pandemics are inevitable, but the timing and severity of a pandemic cannot be predicted. In the last century, there were three pandemic influenzas:

- The Spanish Influenza in 1918-19;
- The Asian Influenza in 1957-58; and
- The Hong Kong Influenza in 1968-69.

The effects of an influenza pandemic are different than a natural disaster. Countries and provinces may not be able to help each other as they do during natural disasters, because a pandemic affects all parts of the world. Infrastructure remains intact but a pandemic can have a longer duration than a natural disaster and absenteeism may be high.

WHAT IS PANDEMIC (H1N1) 2009 INFLUENZA?

In mid-March 2009, the Government of Mexico began tracking an increasing number of cases of influenza-like illness. In late April, tests of samples from ill people in Mexico confirmed an outbreak of influenza caused by a new virus (influenza A/H1N1 "swine" flu) and the first few cases caused by this virus were confirmed in the United States and Canada. By May, the virus was spreading rapidly in North America as well as in several countries around the world. On June 11, 2009 the World Health Organization declared a global pandemic as a result of the spread of the new Pandemic (H1N1) 2009 influenza virus.

Infection with the Pandemic (H1N1) 2009 influenza virus results in illness similar to seasonal influenza: sudden onset of fever and cough and one or more symptoms including a sore throat, muscle aches, joint pain or weakness. In children under five years, nausea, vomiting and/or diarrhea have also been noted. In people under five years or 65 years and older, fever may not be prominent.

Pandemic (H1N1) 2009 influenza has been noted to cause more severe illness than seasonal influenza in some individuals. Studies have shown that it can infect tissues deep in the lungs, which differs from seasonal influenza viruses that usually attack only the upper airways. As with seasonal influenza, Pandemic (H1N1) 2009 influenza can vary in severity from mild to severe, with the most severe disease occurring mainly in individuals with risk factors for complications from influenza such as chronic illness, weak immune systems or pregnancy. This virus also appears to cause more severe disease in the five to 55 year old age group than is normally seen with seasonal influenza. Most individuals with Pandemic (H1N1) 2009 virus infection have not required hospitalization, however, and have recovered in the community. There have been some higher risk groups that have been identified from the data for example, pregnant women, aboriginal people, obesity and chronic illness.

Pandemic (H1N1) 2009 influenza virus is spread from person-to-person in the same way as seasonal influenza, mainly through droplets produced from coughing or sneezing. Transmission

can also occur when a person touches their mouth, nose or eyes after contact with surfaces or objects contaminated with the virus from infected persons. Transmission is most likely during the early days of the infection when the person has the most symptoms. Pandemic (H1N1) 2009 influenza also appears to spread from person-to-person more easily than seasonal strains.

People usually develop symptoms of influenza within four days after becoming infected. They are generally considered to be infectious until their symptoms resolve, usually seven days after symptoms start. This may be longer (up to ten days) in children and individuals with severe illness or weak immune systems.

Federal, provincial and territorial governments are working together in monitoring pandemic influenza disease, laboratory testing, analyzing data on any changes to the virus, researching vaccine and treatments, developing guidelines, and providing updates for health care professionals and other stakeholders. As well, governments are coordinating measures to minimize spread of the disease and to communicate with Canadians about Pandemic (H1N1) 2009 influenza.

A second wave of Pandemic (H1N1) 2009 influenza is beginning in Canada and is expected to last throughout the 2009 fall season. A smaller third wave could also occur in early 2010. Each wave can be expected to last for six to eight weeks.

POTENTIAL EFFECTS OF PANDEMIC INFLUENZA

To determine the potential effects of a pandemic in Alberta and to facilitate planning and preparedness, key assumptions have been developed.

IMPACT ON HEALTH CARE

A pandemic may place great pressure on Alberta's health care system. The majority of the Alberta population (over 70%) may be infected over the course of the pandemic; but only 15% to 35% of the population will display symptoms of influenza. Although the rates of severe illness and complications from Pandemic (H1N1) 2009 influenza are anticipated to be low overall, the number of people infected may be so large that severe disease associated with Pandemic (H1N1) 2009 influenza may nonetheless place a heavy burden on the health care system, including acute care hospitals.

IMPACT ON BUSINESSES

A pandemic may also affect businesses. Staff may be sick or may need to stay home to care for family members who are ill. Depending on the nature of services or products offered by the business, the demands for goods and services may increase dramatically, placing additional pressure on businesses already coping with increased absenteeism due to the pandemic. Alternatively, a business could suffer a negative economic impact due to the reduced number of customers.

IMPACT ON SCHOOLS

Influenza spreads rapidly in schools each winter. Higher-than-normal student and staff absenteeism are expected during a pandemic and schools may also be affected due to transportation disruptions. School and child care authorities are working in collaboration with public health officials to determine the level of interventions required to respond to an outbreak

in a school or child care setting. While school closure is not generally recommended, closures or class dismissals may be considered if the rate of student and staff absenteeism is high. This should be done in consultation with the Medical Officer of Health in the region.

IMPACT ON SOCIETY

High rates of absenteeism will likely place pressure on a number of essential services. Essential services include activities which directly affect the safety and security of Albertans. For example food distribution, utilities and first responders.

ALBERTA'S PLAN FOR PANDEMIC INFLUENZA

The Government of Alberta has been preparing the health system and the province for an influenza pandemic since 1999. The work is led by Alberta Health and Wellness and the Alberta Emergency Management Agency and involves a range of partners, including other provincial ministries, Alberta Health Services, municipalities, industry, the public and other stakeholders.

Alberta's Plan for Pandemic Influenza is used in co-ordination with the [Canadian Pandemic Influenza Plan for the Health Sector](#), prepared through a partnership between the federal, provincial, and territorial governments, to respond to pandemic influenza.

The goals of the Plan are to:

- Control the spread of disease and reduce morbidity (illness) and mortality (death) by promoting appropriate prevention measures, and providing access to care and treatment;
- Mitigate societal disruption in Alberta by ensuring the continuity of essential services;
- Minimize adverse economic impact;
- Demonstrate an efficient and effective use of public resources during a response; and
- Expedite recovery.

Alberta's Plan for Pandemic Influenza includes roles, responsibilities and actions which will be taken by the Government of Alberta and the health sector, and that are strongly recommended for municipalities and other stakeholders. The Plan details the government's commitment to ensuring the health, safety and security of Albertans during a pandemic. Alberta Health Services has also developed a pandemic response plan which aligns and coordinates with *Alberta's Plan for Pandemic Influenza*.

Alberta's Plan for Pandemic Influenza will be updated as new information becomes available.

Planning for a pandemic is based on the World Health Organization's six pandemic phases. Each phase denotes the progression of the virus' spread. On June 11, 2009 the World Health Organization declared phase six which denotes a global influenza pandemic.

Implementation of Alberta's plan is graduated with provisions to escalate the overall plan and activate individual components as required. The factors that may influence escalation include:

- Significant increase in the number of cases in Alberta and outbreaks in communities;
- Increases in the severity of the virus;

- Challenges to the health care system's ability to respond;
- Significant issues with vaccine production and delivery;
- Depletion of the supply of antivirals and/or an increase in antiviral resistance;
- Municipality(s) cannot adequately respond to the event and request provincial assistance;
- Essential services are adversely impacted; and
- The need for the province to use its emergency powers.

RESPONSIBILITIES DURING PANDEMIC INFLUENZA

Pandemic influenza is a world-wide health event. To effectively manage and respond to an influenza pandemic, co-ordination is required at the international, federal, provincial and local levels. Each province and territory participates in nationwide pandemic influenza planning and response activities and is responsible for planning, developing, organizing, directing and delivering the provision of emergency response services to their populations.

INTERNATIONAL

The [World Health Organization](#) watches for the emergence of new strains of influenza throughout the world. When a pandemic influenza strain emerges, the World Health Organization notifies federal health authorities and provides information on a number of areas including situation monitoring, prevention and containment.

NATIONAL AND FEDERAL

The [Public Health Agency of Canada](#) provides nationwide co-ordination for the pandemic influenza response. It monitors the spread of the disease in Canada, provides information links to the World Health Organization and other nations, and obtains and distributes pandemic vaccine to the provinces and territories. The Public Health Agency of Canada is supported by a number of pandemic committees with representation from provincial, territorial and federal governments to aid in co-ordination of a national pandemic response.

[Public Safety Canada](#) is responsible for the nationwide co-ordination of the pandemic emergency response, including planning, management and recovery efforts.

PROVINCIAL

[Alberta Health and Wellness](#) leads the health sector response by developing provincial legislation, policy and guidelines and establishing a provincial pandemic plan. It supports co-ordination among Alberta Health Services and other health organizations and leads communications across the province. Alberta Health and Wellness also procures and supplies antiviral medications and vaccine for distribution across the province, collects data on the spread of the disease in Alberta and shares this information with the Public Health Agency of Canada, and takes action to resolve any health related issues that may arise.

[Alberta Health Services](#) provides services to meet the health needs of Albertans. In addition, it provides information to Alberta Health and Wellness on the number of cases, hospitalizations and deaths from influenza, delivers antiviral medications and vaccines to Albertans, sets up

alternative care sites for the delivery of health care (if necessary) and provides guidance and information to other service providers and Albertans.

The [Alberta Emergency Management Agency](#) supports Alberta Health and Wellness as needed and leads the provincial response regarding the non-health consequences of a pandemic. The Agency communicates with government ministries and municipalities and monitors the overall effect of the pandemic. The Agency coordinates assistance to other Government of Alberta ministries and municipalities and other stakeholders if their resources are overwhelmed.

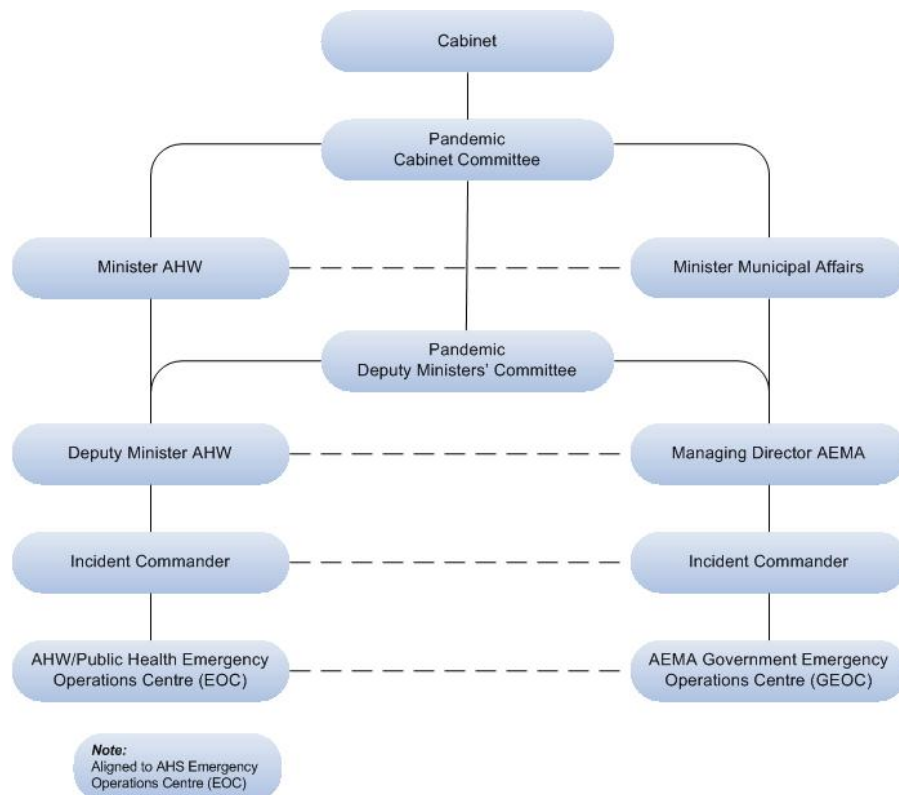
LOCAL

Municipal governments are responsible for developing and maintaining a municipal emergency plan. These plans usually include mutual aid agreements and procedures for coordinating with other municipalities and partners such as industry. The coordination of non-health assistance between municipalities and the province is facilitated by the Agency Field Officers. Health related activities are coordinated in consultation with Alberta Health Services.

EMERGENCY COORDINATION

A coordination structure has been established to facilitate an effective response. A Pandemic Cabinet Committee and a Pandemic Deputy Ministers' Committee will direct Alberta's provincial response to pandemic influenza (refer to *Diagram 1 for an illustration of this model*). Issues may get elevated from either the Alberta Health and Wellness Emergency Operations Centre or the Government Emergency Operations Centre for decisions as required.

Diagram 1 Provincial Co-ordination of emergency response



Based on the information available about the disease and the progression of Pandemic (H1N1) 2009 influenza throughout the world, Alberta Health and Wellness, Alberta Health Services, the Alberta Emergency Management Agency and the municipalities activate their pandemic response plans and, if necessary, their emergency operations centres. Emergency operations centres provide the central coordination function for organizations to manage emergencies.

Provincially, the health system's key stakeholders, including Alberta Health and Wellness, Alberta Health Services and First Nations and Inuit Health (Alberta Region) of Health Canada, implement a common emergency management system. The health system's emergency operations centres communicate with each other to coordinate the health system response.

Alberta Health and Wellness establishes the Public Health Emergency Operations Centre to guide and coordinate the provincial health response to pandemic influenza. The Public Health Emergency Operations Centre assists Alberta Health Services and other health system key stakeholders by providing a forum for provincial communication and co-ordination of response activities. The Alberta Health Services Emergency Operations Centre coordinates the provision of health services and is aligned with the Alberta Health and Wellness Public Health Emergency Operations Centre. The Alberta Health Services Emergency Operations Centre also communicates with local municipal governments and other local stakeholders in order to implement the health system response at the local level.

The Government Emergency Operations Centre, led by the Alberta Emergency Management Agency, provides support to the non-health sector during pandemic influenza. It has direct links to all Government of Alberta ministries and municipalities and is responsible for co-ordinating the provincial government's operational response to pandemic influenza. The operations centre will focus its activities and attention towards supporting municipalities, ministries and stakeholders. All partners within the Government Emergency Operations Centre and municipalities assess the impact of the pandemic on essential services in their respective areas of concern, and jointly take steps to ensure continuity of essential services and if necessary recovery activities.

HEALTH RESPONSE

PUBLIC HEALTH MEASURES

Public health measures are interventions intended to limit or slow the spread of pandemic influenza in the community. These measures include for example: hand hygiene and respiratory etiquette, distancing those who are ill from others (this is known as social distancing), recommendations for mass gatherings, and environmental cleaning. Communication to the public is a key component of public health measures.

These measures will be implemented as required. These measures are reviewed and updated as new information becomes available.

VACCINE

Immunization with the Pandemic (H1N1) 2009 influenza vaccine is the main strategy to decrease illness and death. Canada has ordered sufficient vaccine to immunize all individuals who need and want it. The delivery of vaccine will start as soon as the vaccine's safety has been confirmed by Health Canada.

The vaccine will be offered to all individuals older than six months. High risk groups that will benefit most from immunization are encouraged to get their immunization early. They include: persons under 65 years with a chronic illness, pregnant women, children aged six months to five years of age, people living in remote communities, health care workers and those who care for infants or people with chronic illness.

The Government of Alberta distributes pandemic vaccine to Alberta Health Services and First Nations and Inuit Health (FNIH) of Health Canada (Alberta Region) to administer to individuals. Alberta Health Services may work with municipal governments to identify sites for providing vaccine to large numbers of people.

ANTIVIRAL MEDICATIONS

Antiviral medications can be used for early treatment of influenza or prevention of influenza in certain circumstances. In general, antivirals should not be used for prevention of disease. If taken shortly after getting sick (within 48 hours) they can reduce influenza symptoms, shorten the length of illness and reduce the risk of serious complications of influenza. Antivirals work by reducing the ability of the virus to reproduce in the body, but do not provide immunity against the virus.

During the Pandemic (H1N1) 2009 influenza response antiviral medications are being used for:

- Early treatment of individuals considered at higher risk of severe disease who present with influenza-like illness (ILI) ideally within 48 hours of symptom onset; and
- Outbreak control in closed facilities such as long term care/continuing care and correctional facilities.

Alberta's antiviral stockpile includes enough antivirals for the Pandemic (H1N1) 2009 influenza response. The stockpile is maintained by Alberta Health and Wellness and is located in Alberta. Alberta's stockpile is consistent with the National Antiviral Strategy and contains the medications Tamiflu® and Relenza®. The stockpile will be released in response to the pandemic situation and the risk to the health of Albertans. Alberta Health Services is responsible for delivering and distributing antivirals. However, antivirals will also be available free of charge by physician prescription through community pharmacies for Albertans who are ill and meet eligibility criteria.

SURVEILLANCE

In Alberta, influenza surveillance is continuous and occurs all year round. Surveillance is used to determine when, where and which influenza viruses are circulating, and their severity. Pandemic (H1N1) 2009 influenza is included in this surveillance activity.

The first level of surveillance is international, through the World Health Organization's global influenza network. The second level of surveillance is national, through the National Microbiology Laboratory, FluWatch (involving ministries of health, laboratories, physicians and the Public Health Agency of Canada's Centre for Infectious Disease Prevention and Control) and the Sentinel Influenza Surveillance Program.

At the provincial level, Alberta Health Services monitors and reports to Alberta Health and Wellness on the presence of influenza-like illness as shown by indicators such as school absenteeism and outbreaks in hospitals or long term care centres, as well as influenza isolates confirmed by the Provincial Laboratory. Alberta Health Services also reports on hospital

admissions, admissions to intensive care units, deaths from influenza and the number of cases and deaths from pneumonia. A sentinel physician system, under the Alberta Viral Watch Program called The Alberta Recording and Research Network (TARRANT), monitors the outbreak of influenza through reports from physicians throughout the province.

Alberta Health and Wellness provides regular statistical updates on pandemic influenza in Alberta, as well as information on the progress of the disease and on measures to prevent illness and care for the sick. A sentinel physician system, under the Alberta Viral Watch Program, monitors the outbreak of influenza through reports from physicians throughout the province.

HEALTH SERVICES

During a pandemic, demand for health services may exceed the availability of resources. Increased influenza infection increases the demand for intensive care, ventilators, antivirals and other equipment and supplies. At the same time, health care workers become ill, with 20-25 per cent of workers expected to be absent during the peak period of illness.

Alberta Health Services has developed a pandemic response plan to help maintain health services to the greatest extent possible. This plan includes the identification of essential health services and making the best use of health care professionals, equipment, facilities and other resources during a pandemic. Alberta Health Services works with municipalities to identify possible sites, outside of hospitals, to care for the large number of people who may become ill with influenza.

Health services for First Nations people living on reserves are the responsibility of the federal government; however, not all reserves have primary and/or acute care services. People from these communities have access to necessary health services from Alberta Health Services in the same way as all other Albertans. Each reserve enacts their health emergency operations plan as necessary with direct support from First Nations and Inuit Health of Health Canada (Alberta Region). First Nations people who live off reserve and the Métis receive health services from Alberta Health Services.

Several strategies are in place to maintain health services during a pandemic:

- Alberta Health Services and First Nations and Inuit Health of Health Canada (Alberta Region) implement public health measures to help limit the spread of the disease;
- Elective/non-essential health services may be delayed;
- Alberta Health Services implements triaging if required to divide patients into three groups: self-care, outpatient care and hospitalized care. [Influenza self-care materials](#) can be provided with information on measures to prevent and treat influenza and when to seek medical care;
- Alberta Health and Wellness reviews and revises guidelines for caring for the sick in response to new information from the World Health Organization, Public Health Agency of Canada and medical experts. These guidelines are provided to health care professionals through Alberta Health and Wellness and Alberta Health Services;
- Alberta Health Services trains health care providers to provide some aspects of care different from their current roles, if necessary, due to staff shortages. This may include the use of health care workers in non-traditional roles;
- Alternate care sites will be set up if needed; and

- Alternate transportation methods, in addition to ambulances, are identified and placed on standby.

When the pandemic influenza is over, Alberta Health Services and FNIH will respond to the backlogged demand for non-essential health services. Also during the postpandemic period, Alberta Health Services and municipalities provide support services for families of victims.

INFECTION CONTROL MEASURES

Implementation of comprehensive infection prevention and control strategies help prevent the transmission of pandemic influenza and other infectious diseases with or without the availability of medical interventions. These strategies are also required to comply with Occupational Health and Safety legislation.

Infection control measures are shared with the public and health care professionals through Alberta Health and Wellness and Alberta Health Services. Alberta Health Services ensures that their staff and other service providers are familiar with the recommended procedures.

Alberta Employment and Immigration has developed a *Best Practice Guideline for Workplace Health & Safety During Pandemic Influenza*. This guidance is applicable to all Alberta workplaces.

MENTAL HEALTH SERVICES

An influenza pandemic may have a significant psychosocial effect on health care workers and the community at large. Persistent uncertainty in the general population and fear of personal risk for health care workers and their families may lead to anxiety, decreased school and work performance and worsening of previously existing mental health disorders and antisocial behaviours.

A psychosocial response to the Pandemic (H1N1) 2009 influenza has been developed and includes:

- Public education on how to find support and manage stress;
- The availability of counselling and outreach for the general population;
- Contingency plans for individuals with mental health disorders;
- Support for individuals who are seriously ill and their families to cope with anxiety and possible bereavement; and
- Workforce support programs.

PROVINCIAL GOVERNMENT / MUNICIPAL RESPONSE

ALBERTA GOVERNMENT ESSENTIAL SERVICES

Each provincial government ministry maintains a business continuity plan. These plans have been developed to manage a disruption of services required to maintain the safety and security of Albertans. Within the business continuity plans is an identification of the ministry's unique essential services. During a pandemic, or any other widespread disaster, these services are monitored closely to ensure that service levels are acceptable and, where it is deemed

necessary, measures are taken to increase staffing or support in areas that are impacted more than others. In some instances some non-essential services may be temporarily suspended.

COMMUNICATION

The Government of Alberta ensures that all Albertans are aware of the government's plans to manage a pandemic, of how the pandemic is progressing and how to prevent the spread of disease and care for themselves and their families. The Public Affairs Bureau is the lead agency responsible for communications.

To help Albertans during pandemic influenza, the websites of [Alberta Health and Wellness](#) and the [Alberta Emergency Management Agency](#) contain important information about:

- Pandemic influenza including what a pandemic is, how to prevent infection, how to care for yourself and others (adult and child) when ill, and when to seek medical attention;
- Emergency preparedness for families and businesses; and
- Business Continuity Planning.

During a pandemic the public, Alberta Health Services, municipalities and other key stakeholders are made aware of measures that are being taken to protect the health of Albertans and are kept up-to-date on the provincial pandemic response.

MUNICIPAL RESPONSE

Under the *Municipal Government Act* and the *Emergency Management Act* a municipality is responsible for the safety, health and welfare of its citizens through the provision of services and public utilities. The responsibilities and expectations of municipalities in relation to pandemic influenza include:

- Continue local government;
- Maintain local essential services;
- Prepare and coordinate emergency plans;
- Coordinate pandemic planning with the local health officials and others;
- Support the local health response as much as possible; and
- Coordinate information and action with the Government of Alberta through established emergency channels.

In a pandemic influenza the municipality with assistance from the Alberta Emergency Management Agency and Alberta Health Services if necessary, may activate emergency plans in order to:

- Establish an emergency operations centre if required;
- Maintain public safety services (fire, police);
- Maintain the integrity of essential public works, municipal services such as water treatment and delivery, waste management, garbage disposal and utilities;
- Work with Alberta Health Services to provide information and advice to the public via regular announcements and prepared informational guidelines;

- Close public buildings where it is deemed to be in the best interests of public safety and minimize the spread of infection based upon the recommendations of health officials;
- Assist health officials in establishing alternative care facilities, triage centres, morgue facilities, and immunization sites as requested;
- Interface with local business persons to maintain a level of service to the community, particularly those services involving access to pharmaceuticals, retail food purchases, gasoline and other commerce deemed necessary; and
- Coordinate and direct [Family and Community Support Services](#) as well as coordinate the support of local non-governmental organizations.

FURTHER INFORMATION

For more information on pandemic influenza and preparing for pandemic influenza, Albertans can contact:

Alberta Health and Wellness

Visit: www.health.alberta.ca

Alberta Health Services

Visit: www.albertahealthservices.ca

Alberta Emergency Management Agency

Visit: www.aema.alberta.ca

For any immediate health-related pandemic questions Albertans are encouraged to contact Health Link Alberta.

Health Link Alberta

Edmonton: 780-408-LINK (5465)

Calgary: 403-943-LINK (5465)

Toll free: 1-866-408-LINK (5465)

Visit: www.healthlinkalberta.ca

IMPORTANT LINKS

Alberta's Plan for Pandemic Influenza

<http://www.health.alberta.ca/health-info/pandemic-influenza.html>

Influenza Self-Care

<http://www.health.alberta.ca/health-info/influenza-self-care.html>

Best Practice Guideline for Workplace Health & Safety During Pandemic Influenza

www.employment.alberta.ca

Public Health Agency of Canada

www.fightflu.ca

Public Safety Canada

www.getprepared.ca

World Health Organization

http://www.who.int/csr/disease/swineflu/notes/pandemic_influenza_vaccines_20090924/en/index.html