

HOW TO MAINTAIN YOUR FAMILY PRACTICE DURING PANDEMIC INFLUENZA



By planning now, you can **Minimize** the impact of **Pandemic Influenza** on your staff and patients.



What if I get sick?

- Set up a "buddy system" with other physicians so essential services can be maintained if one of you has to stay home.
- Take antivirals within 48 hours of the onset of symptoms according to usage criteria.

What if my family gets sick?

- Develop an emergency plan for your family, such as a "buddy system" with family, friends and neighbours so you can support each other.



What about my staff?

- Presume that 20-25% of your staff will be sick during the two-week peak period. Determine a strategy for alternate staffing arrangements.
- Consider the various types of personal support your staff may need and how this will be provided, such as childcare if schools are closed or caring for a sick family member.
- Identify volunteers who can assist with non-medical activities.



How can I maintain essential services?

- Define your essential services and determine how they can be maintained during pandemic influenza.
- Consider how you will triage patients with influenza-like illness.
- Determine which patients you need to see in order to provide on-going care and those who do not need to be seen.
- Develop a plan for dealing with non-essential services.
- Establish how you will renew prescriptions without patients coming to your office.
- Reconsider your time in the office, for example, speaking with patients by telephone or e-mail rather than in person.
- Develop or ask your landlord or property manager about emergency planning for your building.
- Ask key suppliers about their contingency plans.



What else can I do?

- Review your local and regional pandemic influenza plans and updates.
- Put pandemic influenza on the agenda of your next practice meeting.
- Contact your Public Health Office if you have further questions.
Find your Public Health Office here: www.pandemic.cpha.ca.

Sources: The Canadian Pandemic Influenza Plan for the Health Sector (www.phac-aspc.gc.ca/cpip-pclcpi/) and the Canadian Centre for Occupational Health and Safety (www.ccohs.ca/pandemic/).



The College of
Family Physicians
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