

Welcome to the US Coast Guard Auxiliary Influenza Training.


**Independent Learner Instructions.**

This document is derived from the mandatory training of the same name. It contains both images and narratives regarding the training topic and is provided in a “presenter notes” format.

As an independent learner you are expected to read all content contained in this document to include both the text within the images and the notes below the image (if any). Some images do not have notes or are self-explanatory.

As you work through this training material you should keep in mind that as an independent learner, you are responsible and accountable for learning and understanding the course content.

You should also understand its importance to our organization and the execution of our varied missions and be able to apply the knowledge gained through this independent training experience.



# Lesson 1: Influenza Types and Symptoms

Influenza Awareness Core

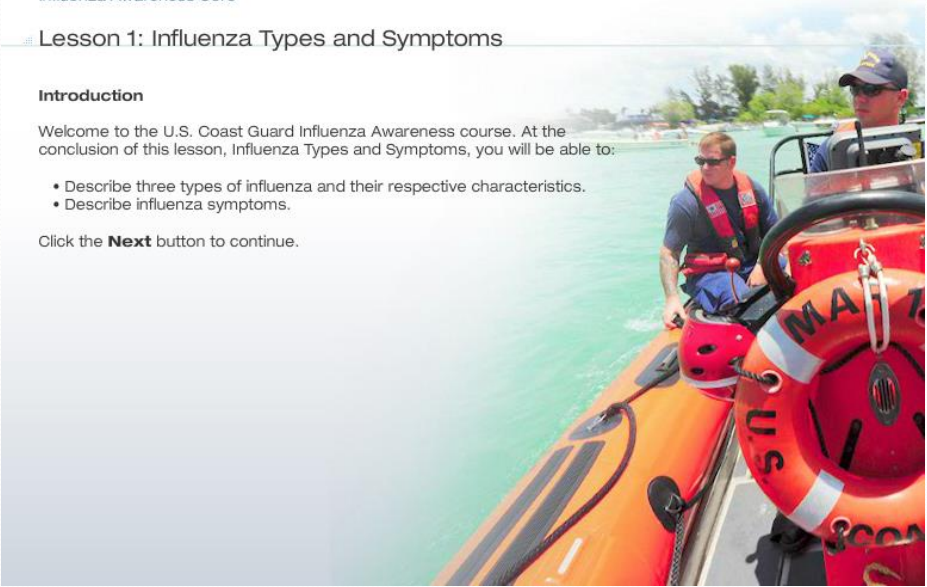
## Lesson 1: Influenza Types and Symptoms

### Introduction


Welcome to the U.S. Coast Guard Influenza Awareness course. At the conclusion of this lesson, Influenza Types and Symptoms, you will be able to:

- Describe three types of influenza and their respective characteristics.
- Describe influenza symptoms.

Click the **Next** button to continue.



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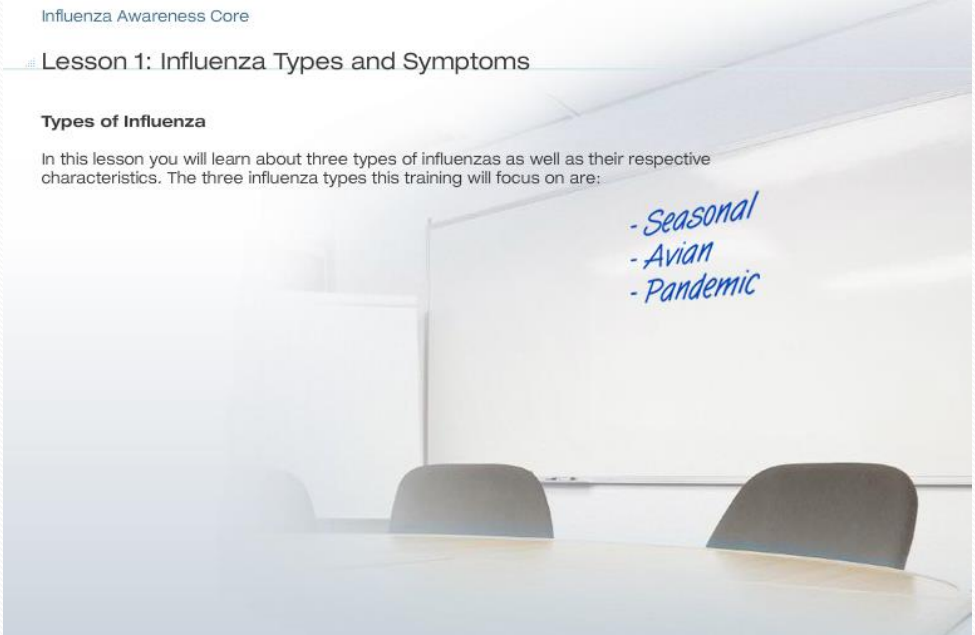
Influenza Awareness Core

## Lesson 1: Influenza Types and Symptoms

**Types of Influenza**

In this lesson you will learn about three types of influenzas as well as their respective characteristics. The three influenza types this training will focus on are:

- Seasonal
- Avian
- Pandemic



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Influenza Awareness Core

## Lesson 1: Influenza Types and Symptoms

### Seasonal Influenza

Let's review seasonal influenza first. Seasonal influenza is a contagious respiratory illness that can be transmitted from person to person.


Please click each icon to learn more about seasonal influenza.

*- Seasonal*  
*- Avian*

 <p>PREVENTION</p>	 <p>DISEASE IMPACT</p>	 <p>AT-RISK POPULATIONS</p>
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Influenza Awareness Core


### Lesson 1: Influenza Types and Symptoms

**Seasonal Influenza**


Let's review seasonal influenza first. Seasonal influenza is a contagious respiratory illness that can be transmitted from person to person.

Please click each icon to learn more about seasonal influenza.


*- Seasonal*  
*- Avian*



The best way to prevent seasonal influenza is by getting a flu shot every year.



DISEASE IMPACT



AT-RISK POPULATIONS

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Influenza Awareness Core

## Lesson 1: Influenza Types and Symptoms

### Seasonal Influenza

Let's review seasonal influenza first. Seasonal influenza is a contagious respiratory illness that can be transmitted from person to person.

Please click each icon to learn more about seasonal influenza.

*- Seasonal*  
*- Avian*



**PREVENTION**

Influenza Vaccine  
2009-2010 Formula  
5 mL vial

Approximately 5% to 20% of the U.S. population gets the flu each year. Each year, more than 200,000 persons are hospitalized from flu complications, and approximately 36,000 die.



**AT-RISK POPULATIONS**

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Influenza Awareness Core

## Lesson 1: Influenza Types and Symptoms

### Seasonal Influenza

Let's review seasonal influenza first. Seasonal influenza is a contagious respiratory illness that can be transmitted from person to person.

Please click each icon to learn more about seasonal influenza.



PREVENTION



DISEASE IMPACT



- Seasonal  
- Avian

We are all at risk for getting the flu, however, older people, very young children, and people with certain existing health conditions, such as auto-immune diseases and asthma, are more at risk of suffering serious health complications.



Influenza Awareness Core

## Lesson 1: Influenza Types and Symptoms


### Avian Influenza

Avian influenza is an infection caused by avian or bird influenza viruses. These flu viruses occur naturally among birds. Wild birds worldwide, acting as reservoirs, carry normally harmless forms of influenza viruses in their intestines. Wild birds usually do not get sick from these viruses.

However, these birds shed the influenza virus via their saliva, nasal secretions, and feces. Susceptible birds then become infected when they come in contact with contaminated excretions or contaminated surfaces.







Influenza Awareness Core




## Lesson 1: Influenza Types and Symptoms

### Avian Influenza

There are different types of avian influenza. This module will focus on one particular subtype - Avian influenza (H5N1). Avian influenza virus infection causes two main forms of disease in birds.


Please click each icon to learn more about each form.

- Seasonal
- Avian
- Pandemic

 <p>LOW PATHOGENIC</p>	 <p>HIGH PATHOGENIC</p>
 <p>LOW PATHOGENIC</p>	 <p>HIGH PATHOGENIC</p>

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Influenza Awareness Core


## Lesson 1: Influenza Types and Symptoms

### Avian Influenza


There are different types of avian influenza. This module will focus on one particular subtype - Avian influenza (H5N1). Avian influenza virus infection causes two main forms of disease in birds.

Please click each icon to learn more about each form.

The low pathogenic form may go undetected and usually causes only mild symptoms, such as ruffled feathers and a drop in egg production.




HIGH PATHOGENIC



- Seasonal  
- Avian  
- Pandemic

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Influenza Awareness Core

## Lesson 1: Influenza Types and Symptoms

### Avian Influenza

There are different types of avian influenza. This module will focus on one particular subtype - Avian influenza (H5N1). Avian influenza virus infection causes two main forms of disease in birds.

Please click each icon to learn more about each form.



LOW PATHOGENIC

Highly Pathogenic Avian influenza is also known as HPAI H5N1. This form of disease affects multiple internal organs and has a high mortality rate in birds.

- Seasonal  
- Avian  
- Pandemic

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Influenza Awareness Core

### Lesson 1: Influenza Types and Symptoms

**Highly Pathogenic Avian Influenza (HPAI H5N1)**

Please click each icon to learn more about HPAI H5N1.

 <p>NEW STRAIN</p>	 <p>WIDESPREAD IN POULTRY</p>	 <p>THE HUMAN FACTOR</p>
		

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Influenza Awareness Core

### Lesson 1: Influenza Types and Symptoms

#### Highly Pathogenic Avian Influenza (HPAI H5N1)

Please click each icon to learn more about HPAI H5N1.

In 2003, a highly pathogenic avian influenza spread among poultry throughout Asia. This virus is commonly called H5N1 or HPAI H5N1.




WIDESPREAD  
IN POULTRY



THE HUMAN  
FACTOR

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Influenza Awareness Core

## Lesson 1: Influenza Types and Symptoms


**Highly Pathogenic Avian Influenza (HPAI H5N1)**

Please click each icon to learn more about HPAI H5N1.



**NEW STRAIN**

This virus strain has now caused disease in domestic poultry and wild birds in Asia, Africa, the Near East and parts of Europe.



**THE HUMAN FACTOR**

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Influenza Awareness Core

### Lesson 1: Influenza Types and Symptoms

#### Highly Pathogenic Avian Influenza (HPAI H5N1)


Please click each icon to learn more about HPAI H5N1.

 <p>NEW STRAIN</p>	 <p>WIDESPREAD IN POULTRY</p>
 <p>NEW STRAIN</p>	 <p>WIDESPREAD IN POULTRY</p>

In addition to infecting birds, the H5N1 virus has infected and killed other animals and, in a small number of cases, has infected and killed humans who have had close contact with infected birds.

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Influenza Awareness Core

## Lesson 1: Influenza Types and Symptoms

**Highly Pathogenic Avian Influenza (HPAI H5N1)**

Please click each icon to learn more about HPAI H5N1 infection in humans.

 <p>FREQUENCY OF CONTAMINATION</p>	 <p>EASE OF INFECTION</p>	 <p>MEANS OF INFECTION</p>
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Influenza Awareness Core

## Lesson 1: Influenza Types and Symptoms

### Highly Pathogenic Avian Influenza (HPAI H5N1)

Please click each icon to learn more about HPAI H5N1 infection in humans.


Illness caused by this H5N1 influenza virus is very rare among people. Since 2003, the World Health Organization has confirmed more than 500 H5N1 human infections with 299 deaths in 15 countries.

EASE OF INFECTION

MEANS OF INFECTION

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Influenza Awareness Core

### Lesson 1: Influenza Types and Symptoms


#### Highly Pathogenic Avian Influenza (HPAI H5N1)

Please click each icon to learn more about HPAI H5N1 infection in humans.

 <p>FREQUENCY OF CONTAMINATION</p>	<p>The H5N1 virus does not infect humans easily, and if a person is infected, it is very difficult for the virus to spread to another person. However, when serious viral infections occur, more than half of the humans known to be infected with this H5N1 virus have died.</p>	 <p>MEANS OF INFECTION</p>
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Influenza Awareness Core

Lesson 1: Influenza Types and Symptoms

**Highly Pathogenic Avian Influenza (HPAI H5N1)**

Please click each icon to learn more about HPAI H5N1 infection in humans.

 <p>FREQUENCY OF CONTAMINATION</p>	 <p>EASE OF INFECTION</p>	<p>The majority of people infected with the virus have had direct contact with infected poultry or contaminated surfaces.</p>
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Influenza Awareness Core

Lesson 1: Influenza Types and Symptoms

**Pandemic Influenza**

A pandemic is a worldwide outbreak of a disease that occurs when a new influenza virus:

- Seasonal
- Avian
- Pandemic



*Emerges in the human population with people having little or no immunity*



*Causes serious illness in people*



*Spreads easily from person to person*

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Influenza Awareness Core

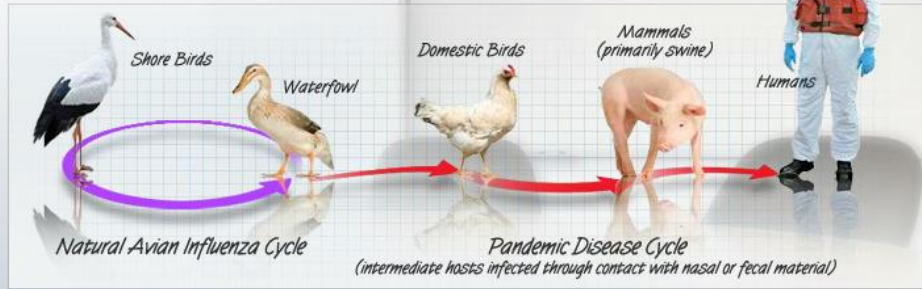
## Lesson 1: Influenza Types and Symptoms


### Pandemic Influenza

The last pandemic was the 2009 H1N1 influenza pandemic. It cannot be predicted when the next influenza pandemic will occur or which influenza virus strain will cause it. However, concern exists that the H5N1 virus could undergo genetic changes that would make it easily transmitted between humans.

Since the general population has not been exposed to this H5N1 influenza virus strain, a mutation leading to sustained human-to-human transmission could cause an influenza pandemic.

- Seasonal  
- Avian  
- Pandemic





Influenza Awareness Core

## Lesson 1: Influenza Types and Symptoms

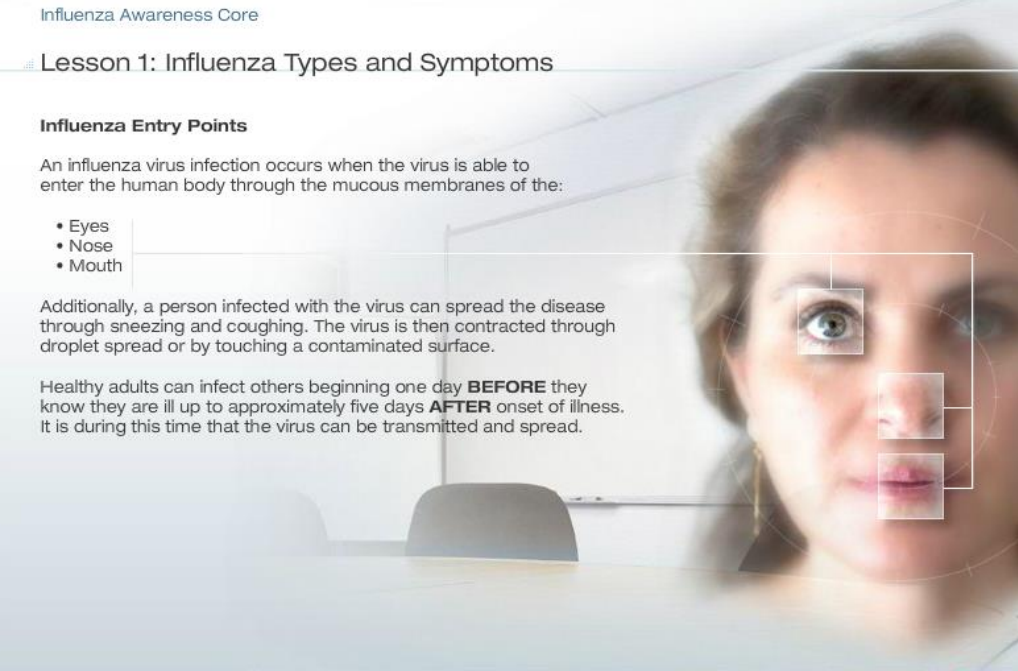
### Influenza Entry Points

An influenza virus infection occurs when the virus is able to enter the human body through the mucous membranes of the:

- Eyes
- Nose
- Mouth

Additionally, a person infected with the virus can spread the disease through sneezing and coughing. The virus is then contracted through droplet spread or by touching a contaminated surface.

Healthy adults can infect others beginning one day **BEFORE** they know they are ill up to approximately five days **AFTER** onset of illness. It is during this time that the virus can be transmitted and spread.



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Influenza Awareness Core

## Lesson 1: Influenza Types and Symptoms

### Symptoms of Influenza

The symptoms of influenza are easy to recognize, and patients should seek medical attention immediately.

The influenza virus is transmitted either via contact transmission (rubbing one's eyes/nose after touching a contaminated object) or via droplet transmission (coughing/sneezing). Avian, Pandemic and Seasonal influenza have similar symptoms in humans.

When influenza strikes, related complications can occur, including bacterial pneumonia, sinus infections, dehydration, and worsening of chronic medical conditions such as congestive heart failure, asthma, and diabetes.

Please click each icon to learn more about a symptom that is typically associated with influenza infection.





Influenza Awareness Core

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A common symptom is a high fever greater than 101°F accompanied by chills and sweating.







Influenza Awareness Core

## Lesson 1: Influenza Types and Symptoms




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Please click each icon to learn more about a symptom that is typically associated with influenza infection.

 <p><b>FEVER</b></p>	<p>A person might exhibit difficulty breathing due to congestion as well as a cough that produces minimal phlegm.</p>	 <p><b>SORE THROAT</b></p>	 <p><b>SORE, ACHY MUSLES</b></p>	 <p><b>NASAL CONGESTION</b></p>	 <p><b>RED, WATERY EYES</b></p>
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Influenza Awareness Core

## Lesson 1: Influenza Types and Symptoms

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 FEVER	 DIFFICULTY BREATHING	 A sore, raw-feeling throat is a common symptom.	 SORE, ACHY MUSLES	 NASAL CONGESTION	 RED, WATERY EYES
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Influenza Awareness Core

## Lesson 1: Influenza Types and Symptoms



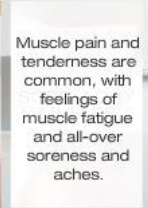


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Please click each icon to learn more about a symptom that is typically associated with influenza infection.

 FEVER	 DIFFICULTY BREATHING	 SORE THROAT	 Muscle pain and tenderness are common, with feelings of muscle fatigue and all-over soreness and aches.	 NASAL CONGESTION	 RED, WATERY EYES
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Influenza Awareness Core

## Lesson 1: Influenza Types and Symptoms



### Symptoms of Influenza

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Please click each icon to learn more about a symptom that is typically associated with influenza infection.

 <p>FEVER</p>	 <p>DIFFICULTY BREATHING</p>	 <p>SORE THROAT</p>	 <p>SORE, ACHY MUSLES</p>	<p>A stuffy head and runny nose are indicators of nasal congestion.</p>	 <p>RED, WATERY EYES</p>
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Influenza Awareness Core

## Lesson 1: Influenza Types and Symptoms

### Symptoms of Influenza

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Please click each icon to learn more about a symptom that is typically associated with influenza infection.

 FEVER	 DIFFICULTY BREATHING	 SORE THROAT	 SORE, ACHY MUSLES	 NASAL CONGESTION	 Eyes can appear to be red, watery and show signs of infection such as mucus discharge.
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Coast Guard Influenza Awareness Core


## Lesson 1: Influenza Types and Symptoms

### **Congratulations!**

You have successfully completed this lesson.

Click **Next** to begin lesson 2.





## Lesson 2: Influenza Prevention

Influenza Awareness Core

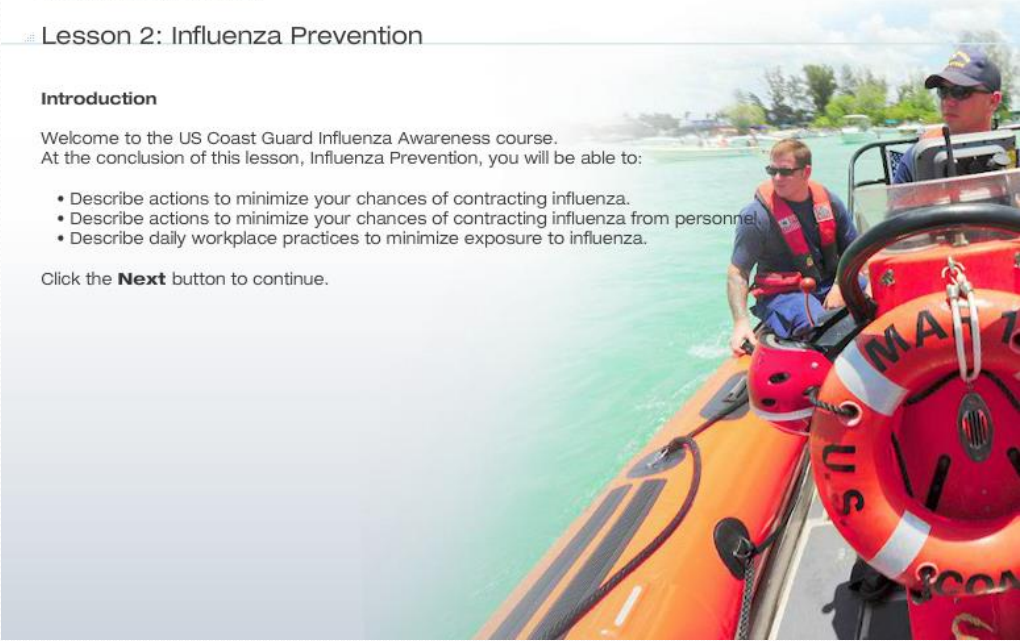
### Lesson 2: Influenza Prevention

#### Introduction

Welcome to the US Coast Guard Influenza Awareness course.  
At the conclusion of this lesson, Influenza Prevention, you will be able to:

- Describe actions to minimize your chances of contracting influenza.
- Describe actions to minimize your chances of contracting influenza from personnel.
- Describe daily workplace practices to minimize exposure to influenza.

Click the **Next** button to continue.



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Influenza Awareness Core

## Lesson 2: Influenza Prevention

### Actions to Lessen Chances of Contracting Influenza

Know what to do, about the flu. The Centers for Disease Control and Prevention (CDC) now recommends that everyone 6 months and older (without medical contraindications) should get a flu vaccine every year.

Please click each icon to learn more about a practice you can use to lessen the chances of getting an influenza infection.







Influenza Awareness Core

## Lesson 2: Influenza Prevention

### Actions to Lessen Chances of Contracting Influenza

Know what to do, about the flu. The Centers for Disease Control and Prevention (CDC) now recommends that everyone 6 months and older (without medical contraindications) should get a flu vaccine every year.

Please click each icon to learn more about a practice you can use to lessen the chances of getting an influenza infection.

Ensure that you receive your seasonal influenza vaccine. This is a mandatory requirement for all Coast Guard Active Duty and Reserve personnel unless they have medical contraindications. This is the single best way to prevent the flu.





Influenza Awareness Core

## Lesson 2: Influenza Prevention

### Actions to Lessen Chances of Contracting Influenza

Know what to do, about the flu. The Centers for Disease Control and Prevention (CDC) now recommends that everyone 6 months and older (without medical contraindications) should get a flu vaccine every year.

Please click each icon to learn more about a practice you can use to lessen the chances of getting an influenza infection.



Washing your hands will lessen the chance of coming in contact with and spreading the influenza virus.





Influenza Awareness Core

## Lesson 2: Influenza Prevention

### Actions to Lessen Chances of Contracting Influenza

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Please click each icon to learn more about a practice you can use to lessen the chances of getting an influenza infection.



If soap and water are unavailable, use alcohol-based hand sanitizer. Many workplaces now have wall-mounted hand sanitizer dispensers, and you can keep sanitizer in the form of pocket-size bottles or wipes in your purse or gym bag and your car.





Influenza Awareness Core

## Lesson 2: Influenza Prevention

### Actions to Lessen Chances of Contracting Influenza

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Please click each icon to learn more about a practice you can use to lessen the chances of getting an influenza infection.

 <p><b>GET A VACCINE</b></p>	 <p><b>WASH YOUR HANDS</b></p>	 <p><b>USE HAND SANITIZER</b></p>	<p>Try to keep yourself healthy and your immune system boosted by eating well-balanced nutritious meals and drinking plenty of fluids, especially water.</p>
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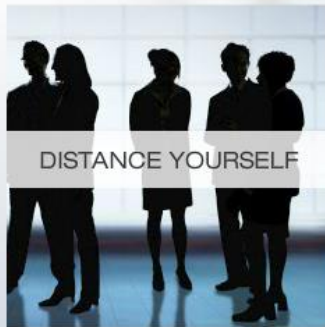
Influenza Awareness Core

## Lesson 2: Influenza Prevention

### Actions to Lessen Chances of Contracting Influenza from Personnel

To prevent you from becoming ill, extra care must be taken to avoid coming in contact with the influenza virus when working around others.

Please select each icon to learn more about a preventive action you can take.





Influenza Awareness Core

## Lesson 2: Influenza Prevention

### Actions to Lessen Chances of Contracting Influenza from Personnel

To prevent you from becoming ill, extra care must be taken to avoid coming in contact with the influenza virus when working around others.

Please select each icon to learn more about a preventive action you can take.

There are many ways to prevent influenza infection. Avoid contact with those exhibiting symptoms such as coughing and sneezing. Be especially wary of shaking hands with infected individuals. Practice social distancing—maintaining a distance of 3 feet or more from individuals showing signs of ill health—and avoid crowded functions.





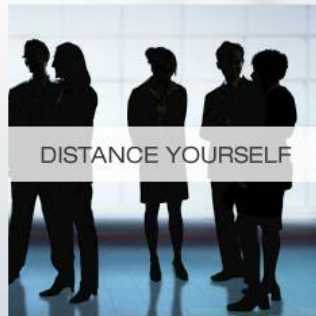
Influenza Awareness Core

## Lesson 2: Influenza Prevention

### Actions to Lessen Chances of Contracting Influenza from Personnel

To prevent you from becoming ill, extra care must be taken to avoid coming in contact with the influenza virus when working around others.

Please select each icon to learn more about a preventive action you can take.



Do not share your pens, pencils, eating utensils or other personal items with others. If an infected person touches these or other items and then you touch the items and touch your eyes, nose or mouth, you potentially could become infected with the influenza virus.



Influenza Awareness Core

## Lesson 2: Influenza Prevention

### Workplace Practices to Minimize Possible Influenza Exposure

To prevent you from becoming ill, extra care must be taken to avoid coming in contact with the influenza virus in the workplace.

In the workplace, there are different ways that we can protect ourselves from the spread of influenza. Please select each icon to learn more about a preventive action you can take.

 <p>COVER YOUR COUGH</p>	 <p>PROTECT YOUR PEERS</p>	 <p>KEEP IT CLEAN</p>
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Influenza Awareness Core

## Lesson 2: Influenza Prevention

### Workplace Practices to Minimize Possible Influenza Exposure

To prevent you from becoming ill, extra care must be taken to avoid coming in contact with the influenza virus in the workplace.

In the workplace, there are different ways that we can protect ourselves from the spread of influenza. Please select each icon to learn more about a preventive action you can take.

Cough or sneeze into the crux of your elbow. Tissues can also help protect others when you cough or sneeze. Dispose of tissue immediately after use and then wash your hands.


PROTECT YOUR PEERS

KEEP IT CLEAN



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Influenza Awareness Core

## Lesson 2: Influenza Prevention

### Workplace Practices to Minimize Possible Influenza Exposure


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**COVER YOUR COUGH**

When you are ill, stay home! Many workplace illnesses occur because someone knowingly went to work while sick to avoid losing a day's pay or missing out on important events. Protect your coworkers by taking care of your illness in your home environment and staying away until you are no longer contagious. To protect other workers, supervisors should send ill personnel home.



**KEEP IT CLEAN**

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Influenza Awareness Core

## Lesson 2: Influenza Prevention

### Workplace Practices to Minimize Possible Influenza Exposure

To prevent you from becoming ill, extra care must be taken to avoid coming in contact with the influenza virus in the workplace.

In the workplace, there are different ways that we can protect ourselves from the spread of influenza. Please select each icon to learn more about a preventive action you can take.



**COVER YOUR COUGH**



**PROTECT YOUR PEERS**

Properly decontaminate your work area by wiping down keyboards and phones with a sanitizing wipe. Washing your hands often will help protect you from germs. Keep a bottle of alcohol-based hand sanitizer on your desk and use it after contact with others. This will help keep your hands clean and prevent the spread of disease.

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Influenza Awareness Course Complete

Course Complete


**Congratulations!**

You have completed the Influenza Awareness Course.



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# Influenza Knowledge Check

Instructions: Please complete the quiz by writing down on an answer sheet ( if provided) the best answer for each of the following 10 questions regarding what you learned about influenza. You must score 80% or better to pass.

**Humans typically have little or no immunity to which type of influenza?**

- A. Seasonal influenza
- B. Pandemic influenza
- C. None of the above


**Pandemic influenza causes local outbreak of mild illness.**

- A. True
- B. False

Reviewed, DIR-T USCGAUX 45

Answers:

- B. Pandemic influenza
- B. False



# Influenza Knowledge Check

**What is a sign that you might be ill with the influenza virus?**

- A. Chills accompanied by sweating
- B. Numbness in your fingers
- C. Bloody nose
- D. Itchy scalp


**There has not been an influenza pandemic since 1918.**

- A. True
- B. False

Reviewed, DIR-T USCGAUX 46

Answers:

- A. Chills accompanied by sweating
- B. False



## Influenza Knowledge Check

**Social distancing involves maintaining a minimum distance of \_\_\_ feet from infected individuals.**

- A. 0 feet
- B. 1 foot
- C. 2 feet
- D. 3 feet


**If you are ill, you should just stay on your side of the shared cubicle until it is time to call home.**

- A. True
- B. False

Reviewed, DIR-T USCGAUX 47

Answers:

- D. 3 Feet
- B. False



## Influenza Knowledge Check

**A coworker is coughing and sneezing frequently and complaining of fevers and chills. What do you do?**

- A. Go over to the coworker and pat him on the back asking if he is OK.
- B. Go over to the coworker and offer him a sip of your water.
- C. Shrug and do nothing-he will stop coughing and feel better later.
- D. Maintain social distancing and asked his supervisor to advise him to go home.

**Who should get the seasonal influenza vaccine?**


- A. Everyone 6 months and older (if there is no medical contradiction)
- B. Only pregnant women
- C. Only healthcare worker
- D. Only people with chronic medical conditions

Reviewed, DIR-T USCGAUX 48

Answers:

- D. Maintain social distancing and asked his supervisor to advise him to go home.
- A. Everyone 6 months and older (if there is no medical contradiction)





## Influenza Knowledge Check

**What is the proper way to cough and sneeze without spreading contaminated droplets?**

- A. Use a tissue and keep it in your pocket for next time.
- B. Use the palm of your hand and wipe it on your pant leg.
- C. Use the crux of your elbow.
- D. Use cloth handkerchief and keep it folded in your desk drawer.

**Which of the following populations are most at risk of suffering serious health complications as a result of seasonal influenza?**

- A. Older people
- B. Very young children
- C. People with existing health conditions
- D. All of the above

Reviewed, DIR-T USCGAUX 49

Answers:

- C. Use the crux of your elbow
- D. All of the above



# Completed Training Attestation

## Coast Guard Core Values

- **Honor**
  - Integrity is our standard. We demonstrate uncompromising ethical conduct and moral behavior in all of our actions. We are loyal and accountable to the public trust.”
- **Respect**
  - We value our diverse workforce. We treat each other with fairness, dignity, and compassion. We encourage creativity through empowerment. We work as a team
- **Devotion to Duty**
  - We are professionals, military and civilian, who seek responsibility, accept accountability, and are committed to the successful achievement of our organizational goals. We exist to serve. We serve with pride.

Reviewed, DIR-T USCGAUX

The mandatory training that you have just completed reflects the **Core Values of the U.S. Coast Guard** and **Coast Guard Auxiliary**. As a member of this organization, you have taken an oath to uphold those Core Values. In order to receive completion credit for this training, please read, understand, and sign this document. Once completed, keep a copy for your records and provide a copy to your Flotilla Staff Officer for Information Services (FSO-IS) for AUXDATA entry.

In regards to the selected mandated training modules: Codes: \_\_\_\_\_

I, \_\_\_\_\_ (print name) as a member of District \_\_\_\_\_

Division \_\_\_\_\_ Flotilla \_\_\_\_\_ attest that I have completed and understand the course contents.

Signature: \_\_\_\_\_, Member ID \_\_\_\_\_

Date: \_\_\_\_\_

Course Code	Course Name	Frequency
502379	Building Resilience and Preventing Suicide	Every 5 years
810030	Security Fundamentals	Every 5 years
810015	Privacy at DHS / Protecting Personal Information	Every 5 years
810000	Sexual Harassment Prevention	Every 5 years
810045	Sexual Assault Prevention and Response	Every 5 years
502319	Civil Rights Awareness	Every 5 years
502306	Ethics 1 / Personal Gifts	1 time only
502290	Influenza Training	1 time only