

## **Families should begin planning for seasonal flu and H1N1:**

St. John's has been in continuous communication with the UCHD (Union County Health Department) regarding planning and steps to take for seasonal flu and H1N1. The recommendation of UCHD is for all people to receive the seasonal flu vaccine and the H1N1 vaccine. Various locations around Marysville will begin administering the seasonal flu vaccine on and after October 5. The targeted date for Union County to receive the H1N1 vaccine is the middle of October. Students and families will need to pay for the seasonal flu vaccine. The H1N1 vaccine will be administered free of charge. Parents will (as always) have the option to opt out. In the near future we will keep you updated when new or developing information becomes available. With all viruses, prevention is the best medicine.

### **Keeping Healthy: 8 Tips for Individuals**

**In addition to the actions a small business employer can take to help protect the health of their employees, there are actions which employees may take to protect their own health, and that of those around them. Employers should review this list and encourage employees to read it and practice good health habits.**

1. **Stay home if you are sick** with influenza-like illness for example, fever or chills AND cough or sore throat. In addition, symptoms of flu can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting. CDC recommends that sick workers stay home if they are ill with influenza-like illness until at least 24 hours after they are free of fever (100° F [37.8° C] or greater) or signs of a fever without the use of fever-reducing medications. This would require employees to stay home for 3 to 5 days in most cases. CDC recommends this time period away from work regardless of whether or not antiviral medications are used.
  2. **Wash your hands frequently** with soap and water for 20 seconds or use an alcohol-based hand sanitizer if soap and water are not available.
  3. **Avoid touching your nose, mouth and eyes.**
  4. **Cover your coughs and sneezes** with a tissue, or cough and sneeze into your upper sleeve. Dispose of tissues in no-touch trash receptacles.
  5. **Wash your hands or use an alcohol-based hand sanitizer after coughing, sneezing, or blowing your nose.**
  6. **Keep frequently touched common surfaces clean. For example, telephones, computer equipment, etc.**
  7. **Try not to use other workers' phones, desks, offices, or other work tools and equipment.** If necessary, consider cleaning them first with a disinfectant.
  8. **Maintain a healthy lifestyle;** attention to rest, diet, exercise, and relaxation helps maintain physical and emotional health.
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## Frequently Asked Questions

### What is 2009 H1N1 flu?

2009 H1N1 flu is a new influenza virus causing illness in people. Most people do not have immunity to this virus, so it spreads quickly.

People with the flu spread the virus through coughing or sneezing near others. Sometimes people may become infected by touching something with flu viruses on it and then touching their eyes, mouth, or nose.

Those currently at higher risk of serious flu-related complications from 2009 H1N1 flu include children younger than five years old, pregnant women, people of any age with certain chronic medical conditions (such as asthma, diabetes, heart disease), adults and children who have a weak immune system, residents of nursing homes and other chronic-care facilities and persons aged 65 years or older. See <http://www.cdc.gov/h1n1flu/qa.htm> for more information about high risk groups.

### What are the signs and symptoms of 2009 H1N1 flu in people?

The symptoms of seasonal and 2009 H1N1 flu virus in people include fever or chills AND cough or sore throat. In addition, symptoms of flu can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting. Like seasonal flu, 2009 H1N1 flu may cause a worsening of underlying chronic medical conditions.

In adults, emergency warning signs that need urgent medical attention include:

- *Difficulty breathing or shortness of breath*
- *Pain or pressure in the chest or abdomen*
- *Sudden dizziness*
- *Confusion*
- *Severe or persistent vomiting*
- *Flu-like symptoms improve but then return with fever and worse cough*

In children, emergency warning signs that need urgent medical attention include:

- *Fast breathing or trouble breathing*
- *Bluish or gray skin color*
- *Not drinking enough fluids*
- *Severe or persistent vomiting*
- *Not waking up or not interacting*
- *Being so irritable that the child does not want to be held*
- *Flu-like symptoms improve but then return with fever and worse cough*

Severe illness (pneumonia and respiratory failure) and deaths have been reported with 2009 H1N1 flu infection in some people.

### How long should a person stay out of work if they have an influenza-like illness?

Workers who have symptoms of influenza-like illness (see above) should stay home and not come to work until at least 24 hours after their fever has resolved. You should plan now to allow and encourage sick workers to stay home.