

ARMSTRONG COUNTY

Swine Flu (H1N1)

Summit

A forum to discuss potential local implications of the H1N1 virus in Armstrong County.

In keeping with our focus on emerging health concerns in Armstrong County, the ACMH Foundation invites you to an educational forum on the SWINE FLU (H1N1) virus. Neighboring counties are beginning to see indications of the virus, and we are standing ready to help assist all interested parties in recognizing and responding to this potential crisis.

ACMH Hospital is prepared with a strategic plan of action for management and containment, if necessary. Join us for this important hour of discussion and information exchange at any of the following locations and times:

Monday, July 27, 2009 - 5:15 pm - Belmont Complex

Banquet Room

Thursday, July 30, 2009 - 8:00 am & 1:00 pm - ACMH Hospital

Continuing Education Classroom



FOUNDATION

For additional information, call the ACMH Foundation at 724-543-8850 or beersj@acmh.org. You may also visit acmh.org and click on the ACMH Foundation link to learn more.

Kittanning, PA 16201 | 724.543.8850 | www.acmh.org

ARMSTRONG COUNTY

H1N1 INFORMATION FOR THE GENERAL PUBLIC

Background

The H1N1 virus has been infecting people in the United States since April of 2009 and is now infecting people in more than 70 countries around the world. The CDC (Centers for Disease Control) expects that illnesses may continue for some time, and that cases in the United States may increase in the coming fall and winter months.

At this time, it is difficult to know how severe the illnesses caused by the virus will be. The virus is contagious and is spreading from person to person.

How is the virus spread?

The virus is believed to spread in the same way that regular seasonal influenza spreads. Flu viruses are spread from person to person through coughing or sneezing. Sometimes people may be infected by touching something with flu virus on it and then touching their nose or mouth. Flu viruses can survive on surfaces for up to 2-8 hours. The virus is not spread by eating or preparing pork.

What are the symptoms?

The symptoms of H1N1 flu are similar to seasonal influenza symptoms and include:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Chills
- Fatigue
- In addition many people have experienced diarrhea and vomiting

“Flu like illness” is a fever with one or more of the above listed symptoms.



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How do I protect myself?

At this time there is not a vaccine available. Follow these everyday steps to prevent the spread of germs:

- Cover your mouth with a tissue when you cough or sneeze.
- Dispose of the tissue in the trash when finished.
- Wash your hands often with soap and water or use alcohol based hand sanitizers.
- Avoid touching your eyes, nose or mouth. Germs spread this way
- Avoid close contact with sick people

Follow public health advice in your local area regarding school closures and crowds or gatherings.

What do I do if I get sick?

If your area has known cases of the H1N1 flu and you become sick with the previously listed symptoms, you should:

- Contact your health care provider if you have severe illness or are at high risk for flu complications
- Stay home and avoid contacts with others for 7 days after the beginning of symptoms or for 24 hours after symptoms are gone—whichever is longer
- Take prescription antiviral if prescribed by your physician
- Get plenty of rest
- Drink clear fluids
- Cover your coughs and sneezes with tissues and dispose of the tissues in the trash
- Over the counter medications can help relieve symptoms but aspirin or aspirin containing products should never be given to children or teenagers with the flu.

Emergency warning signs for Children

Children who develop the following signs should seek urgent medical care:

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

Adults who develop the following signs should seek urgent medical care:

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

ARMSTRONG COUNTY

WORKPLACE & GENERAL GUIDANCE FOR BUSINESSES

Symptoms

- Fever
 - Cough
 - Sore throat
 - Runny or stuffy nose
 - Body aches
 - Headache
 - Chills
 - Fatigue
- In addition, many people have experienced diarrhea and vomiting

Prevention of Illness

Spread of the H1N1 flu is thought to be the same as the regular seasonal flu. Flu viruses are spread from person to person through coughing or sneezing by people with the flu. Sometimes people may be infected by touching something with flu viruses on it and then touching their eyes, mouth or nose.

What Can Employers Do To Protect Employees?

- Encourage sick workers to stay at home, and provide flexible leave policies
- Encourage infection control practices in the workplace by displaying posters that address and remind workers about proper hand washing, respiratory hygiene, and cough etiquette.
- Provide written guidance on pandemic flu, appropriate for the language and literacy levels of the employees
- Provide sufficient facilities for hand washing and alcohol based hand sanitizers (at least 60% alcohol) in common workplace areas such as lobbies, corridors, and restrooms
- Provide tissues, disinfectants, and disposable towels for employees to clean their work surfaces
- Have common touch surfaces disinfected frequently and at least daily (door knobs, counter tops, bathroom surfaces)



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WORKPLACE & GENERAL GUIDANCE FOR BUSINESSES

WHAT CAN EMPLOYEES DO TO REDUCE THE SPREAD OF THE FLU?

- Stay at home if you are sick—Stay at home for 7 days after flu like symptoms begin or until you have been symptom free for 24 hours-**WHICH EVER IS LONGER**
- Employees with a sick family member should closely monitor themselves for symptoms of the flu
- Cover your mouth and nose with tissues when you cough or sneeze—Then throw the tissue in the trash
- Wash you hands with soap and water or use alcohol hand satirizers after you cough or sneeze
- Avoid touching your eyes, nose or mouth-Germs spread this way
- Avoid sick people

