



April 29, 2009

Special Edition

Report for Staff and Leaders

SWINE FLU

People are naturally concerned about contracting the flu. The media is reporting on this constantly. As in any medical situation, the most important thing to keep any medical issue in perspective is being informed. Please share this with your members.

The article below is based on the latest information from the Centers for Disease Control (CDC). This article will be posted on the MESSA Website www.messa.org today for all members. A helpful and comprehensive CDC document with common questions and answers can be found at: http://www.cdc.gov/swineflu/swineflu_you.htm. Other valuable sources of information are your local county health department and personal doctors.

MESSA will continue to stay abreast of this health issue and as a member service we will be reporting developments via the *Administrative Newsletter* and our *Website* and possible future special editions of the *Report for Staff and Leaders*.

Common Sense Steps to Limit the Spread of Swine Flu

The human swine flu outbreak continues to grow in the United States and across the globe. At least one case of swine flu is suspected in Michigan. State health officials are actively monitoring the situation and preparing strategies to protect the public if warranted.

State and local health officials are also working closely with the Centers for Disease Control and Prevention (CDC) to monitor the situation and report suspected cases for testing.

As an additional precaution, the State of Michigan has partially activated the State Emergency Operations Center (SEOC) to monitor the situation and limit a possible outbreak. The SEOC is staffed by members of several state agencies to monitor the ongoing situation with local, state and federal agencies and coordinate any public health response.

At this point, there are many strategies people can adopt to help prevent or limit a serious outbreak. The best way to keep from spreading the virus is for people who feel ill to stay home from work or school and to contact their physician. Certain antiviral medicines have been found to help some people.

There are other common-sense steps everyone can take right now to avoid the spread of any type of influenza. The CDC recommends individuals take the following everyday actions to protect their health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective at killing germs.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Try to avoid close contact with sick people. Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

People experiencing severe symptoms including cough, fever, fatigue, sore throat, chills, headaches, body aches possibly along with diarrhea and vomiting, should contact their physician.

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

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- 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
- Fever with a rash

For more information, please refer to see the CDC's swine flu information page at www.cdc.gov/swineflu.

GOOD HEALTH. GOOD BUSINESS. GREAT SCHOOLS.
