



We are aware that Colorado has several confirmed cases of the H1N1 (swine) flu. We have consulted with a Kaiser Permanente physician and Pathways' nursing staff and will continue to monitor the situation. However, because it has affected so few individuals and the cases have for the most part been mild, we anticipate treating this situation with the same importance that we do for any other flu-type situation. Here is some information about standard flu symptoms and measures we all should take to avoid this and other illnesses.

The *symptoms* of H1N1 (swine) flu in humans are similar to symptoms of seasonal flu. They can include fever of 100 degrees or above, stuffy nose, body aches, sore throat, chills, fatigue, cough and a headache. Some people have also reported diarrhea and vomiting. Anyone who experiences influenza symptoms is asked to stay home and not return to work until they have been symptom-free for 24-48 hours. Keep in mind that staff who are pregnant or who are immuno-compromised could be more at risk for illness. Incubation period is from 24 hours to four days, so please keep in mind you could be contagious before you have symptoms.

We should all take the following measures to decrease the possibility of contracting the flu:

- Frequent hand-washing
- Use of hand sanitizer (not a substitute for hand washing)
- Covering sneezes and coughs (with your sleeve, or tissue, not your hand)
- Avoiding contact with others who appear to be symptomatic
- Increased frequency in cleaning hard-surface areas.

Other measures to stay healthy include getting plenty of sleep, being physically active, drinking plenty of fluids, eating nutritious food and managing stress. All employees who work directly with clients are asked to educate and practice these measures with clients on a regular basis, as frequently as practicable.

There is a lot of information available online and in the news. A Good resource is the Tri-County Health Department website at <http://www.tchd.org/>. Another resource is the Centers for Disease Control and Prevention web page at <http://www.cdc.gov/h1n1flu/>.