

## TO ALL FOND DU LAC STAFF

### H1N1 Novel Influenza (Swine Flu) Update

As of 4-30-09

At this time there has been only one confirmed case of H1N1 (swine flu) in MN, and none near the Fond du Lac Reservation. Please take a moment and read the following information. If you have questions please call the Public Health Nurses at 878-2128. If you are ill, please contact your personal health care provider.

#### **HELPFUL INFORMATION FOR YOU AND YOUR FAMILY CAN BE FOUND AT THE FOLLOWING WEBSITES:**

MN Dept of Health at <http://www.health.state.mn.us/divs/idepc/diseases/flu/swine/basics.html>

Centers for Disease Control at <http://www.cdc.gov/swineflu/>

#### **GOOD TO KNOW INFORMATION:**

- NO ONE, including health staff, needs to wear a mask at this time. Masks are only used when there is a person who *has been diagnosed* as having the H1N1 influenza (and that hasn't happened around here).
- This H1N1 is a new virus; *no one* has immunity against this virus. That is why health officials are so concerned; if this virus spreads rapidly many people can become quite ill. Since this is a new virus, the health officials do not know how the virus will "act" (what health problems it may cause).
- However, the experts are at work to learn more about this virus. Anything new they learn about the virus, and what it means for our communities, will be sent to all tribes, counties, states, etc.
- *The best way to prevent the spread of any communicable disease is through basic hand washing and covering your mouth when you cough (see below)*
- You can kill viruses on hard surfaces by using disinfectant wipes or sprays (such as Lysol). You don't need a special product. Keep your work area clean
- There is no vaccination for this influenza. This is a "novel" influenza (meaning it is new). If you received a "seasonal flu shot" last fall that vaccination will not work against this new virus.
- There are certain medications that can be used to treat a person who is ill with the H1N1 Influenza, but only if the person is actually sick. The medication cannot be taken to "prevent" the disease.
- There are no travel restrictions for going to other states.
- You only need to avoid being around people who are actually sick with the flu symptoms (fever, cough, body aches, etc.)
- *It may help you to know that the FDL Public Health Nursing Dept is a part of the Minnesota public health emergency preparedness system. We are included in all of the calls, updates, etc sent out by the Minnesota Department of Health and the Centers for Disease Control (CDC) so we receive the latest information about the H1N1 Influenza as well as all other communicable diseases.*

#### **STAY HEALTHY with HEALTHY HABITS (The information below is from the CDC)**

The best way to prevent the spread of any disease is through the basics:

- **Wash your hands often with soap and water.** This removes germs from your skin and helps prevent diseases from spreading. Use waterless alcohol-based hand gels (containing at least 60% alcohol) when soap is not available and hands are not visibly dirty.
- **Cover your mouth and nose with a tissue when you cough or sneeze** and put your used tissue in a wastebasket.
- If you don't have a tissue, **cough or sneeze into your upper sleeve, not your hands.**
- **Wash your hands after coughing or sneezing**, using soap and water or an alcohol-based hand cleaner (with at least 60% alcohol) when soap and water are not available.
- **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.)
- It is important to **follow the advice of local health and government authorities.** You may be asked to restrict your movement and stay in your home to contain the spread of swine flu.
- **If you have flu-like symptoms** such as a cough, sore throat, fever –please **see a healthcare provider.** **Your healthcare provider is the only one who can tell you if you have a serious health issue or a common cold.**