

Health Advisory: H1N1 Influenza (Swine Flu)

With a confirmed H1N1 Influenza occurrence in Maricopa County, the City of Glendale is following the recommendations of the Centers for Disease Control and Prevention (CDC) to keep our community safe. Our public safety and emergency preparedness departments are in constant communication with county and state officials and are prepared to implement the 2008 Arizona Pandemic Influenza Operational Plan from the Arizona Department of Health Services (ADHS).

The following information is being provided to all employees in an effort to provide for education, prevention, and preparedness.

Organizational Actions

Custodial staff went through the majority of city buildings last night to disinfect commonly touched items including door handles and elevator buttons. Restrooms and break areas, including their fixtures, will continue to be cleaned with disinfectant on a daily basis at a minimum. Staff did not clean/disinfect personal work spaces or items such as keyboards or phones. You may do so if you desire, and supplies such as hand sanitizer and sanitizing wipes are in the process of being provided to departments with customer service counters. You may also request supplies by calling Facilities at Ext. 2640.

Symptoms

- Fever
- Cough
- Sore throat
- Headache
- Chills and fatigue
- Muscle aches
- Nausea/Vomiting/Diarrhea

Like seasonal flu, H1N1 Influenza in humans can vary in severity from mild to severe.

When do I need to seek medical attention?

Contact your health care provider, particularly if you are worried about your symptoms. Your health care provider will determine whether treatment is needed. If you are experiencing a life-threatening emergency, call 9-1-1. Employees are expected to follow any doctor recommendations and communicate appropriately with their supervisor if they become ill.

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

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

Recommended Prevention

- Avoid close contact with others. A social distance of three to six feet is recommended.
- Wash your hands with soap and hot water or use hand sanitizer often.
- Cover your nose and mouth when coughing or sneezing.
- If you are sick, you should stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.
- Supervisors are to advise any employee who feels like they are experiencing flu-like symptoms to go home and/or stay home from work.
- Keep work surfaces, telephones, computer equipment and other frequently touched surfaces in your office clean.
- Discourage other employees from using your phone, desk, or other work tools and equipment.

Other Important Considerations

- People who received the flu vaccination this past fall are still susceptible to this virus.
- H1N1 influenza viruses are not spread by food. You cannot get H1N1 influenza from eating pork or pork products. Eating properly handled and cooked pork products is safe.
- Develop a family or individual plan that includes what to do if you or a family member becomes sick and what to do if there are school closures, daycare closures, or cancellation of events.

Additional Information on H1N1 Influenza

Information obtained from the Centers for Disease Control and Prevention internet link:
<http://www.cdc.gov/swineflu/>