

# Addus HealthCare

## H1N1 Flu - Informing and Preparing Employees

(H1N1 is formerly known as Influenza A and Swine Flu)

On June 11, 2009, the World Health Organization (WHO) raised the worldwide pandemic alert level to Phase 6 in response to the ongoing global spread of the novel influenza A (H1N1) virus.

More than 70 countries are now reporting cases of human infection with H1N1 flu. This number has been increasing over the past few weeks, but many of the cases reportedly had links to travel or were localized outbreaks without community spread.

WHO's decision to raise the pandemic alert level to Phase 6 is a reflection of the spread of the virus, not the severity of illness caused by the virus. In the United States, most people who have become ill with the newly declared pandemic virus have recovered without requiring medical treatment, however, CDC anticipates that there will be more cases and hospitalizations associated with this pandemic in the coming days and weeks. In addition, this virus could cause significant illness with associated hospitalizations into the fall and winter during the U.S. influenza season.

Prevention continues to be the best practice.

Remember the 3 C's:

**Clean** – Wash hands often with soap and water for 20 seconds or use a sanitizing gel.

**Cover** – Cover mouth and nose with tissues when coughing and sneezing to prevent germs floating in the air. If tissues are not available, use your elbow to cover your nose and mouth when coughing or sneezing.

**Contain** – If ill stay home from school or work, avoid crowds and this will prevent further spreading of germs. If someone coughs and sneezes keep a 6 foot distance. Spread the word on prevention!!!

Additional Resources:

- <http://www.cdc.gov/swineflu>
- A source for updated information on influenza is the Centers for Disease Control and Prevention (CDC) Hotline at: 1-800-CDC-INFO (1-800-232-4636). This line is available in English and Spanish, 24 hours a day, 7 days a week.
- [www.addus.com](http://www.addus.com) – We will be updating our website with new information.

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