



To: Employees of ACC
From: Infection Control/Bette Johnson
Re: Update on Novel H1N1 Influenza
Date: 10-28-09

Thank you for your efforts and your understanding as we continue our pre-emptive battle against the H1N1 Influenza Virus. The World Health Organization (WHO) reported, as of October 10, 2009, that there have been more than 399,232 cases of H1N1 and at least 4,735 deaths. This number is an underrepresentation of what is really taking place world wide, as cases are being reported in numerous ways. Almost all of the influenza viruses being identified in the United States are the novel H1N1 subtype or strain.

As of October 20, 2009, North Dakota was reporting 1,216 cases of lab-confirmed influenza and 99 percent were H1N1. The percentage of patients with influenza-like symptoms presenting to ND sentinel providers has exceeded 14 percent ... compared to a peak of about 3.5 percent last influenza season.

No students or clients of the Anne Carlsen Center have become ill with H1N1. The efforts and measures we have implemented so far are being very effective in preventing illness and protecting the lives of the children/young adults we serve.

Please remember the following:

- ***What are the symptoms of H1N1 Influenza?*** They can include fever (greater than 100 degrees F.), chills, fatigue, headache and body aches, lack of appetite, coughing, runny or stuffy nose, sore throat, nausea, vomiting and diarrhea. We do not always see a fever, or the upset stomach, or all symptoms; however, someone from the ACC Employee Health Team will help to evaluate your symptoms.
- ***How to prevent the spread of H1N1 Influenza?*** Avoid contact with ill persons. When you cough or sneeze, cover your nose and mouth with a tissue or your sleeve (if you do not have a tissue). Throw used tissues into the garbage. After you cough or sneeze, wash your hands with soap and water, or use an alcohol-based hand sanitizer. Wash your hands often. Avoid touching your eyes, nose, or mouth. Practice good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Keep your immune system healthy! Keep ill children at home, and if you are exposed to an ill individual within your home, you must stay home for 5 days following exposure.
- You are **strongly encouraged** to obtain the seasonal influenza vaccine and also the H1N1 influenza vaccine if and when more is available. Even if you have had an influenza-like illness, you should still receive the H1N1 influenza virus vaccine (if and when it is available).

- If you are ill with influenza-like symptoms or have a household exposure to someone with symptoms, you must report this to your supervisor or administrative assistant.
- When you have reported such symptoms, that information is sent to a group of staff charged with completing the employee health follow-up. You should expect to receive a phone call from someone in this group who will ask you questions such as: what your temperature has been and is, what type of symptoms have you had, when did they start, when were you exposed to someone with illness, when was your last shift at ACC, etc. They will also notify you if an ACC staff member will be calling you back to do further follow-up or, specifically, when you would be able to return to work at ACC (providing you do not have an elevated temperature and are feeling healthy for the 24 hours previous to your return.) You will need to stay at home for 7 days after onset of illness.
- You are not required to obtain a physician's note of illness or a "return to work ability" from a physician if you have visited with a member of the Employee Health Team, and that team member has given you a notice of your need to be absent from work for a specified amount of days.
- If you have already had an influenza-like illness and have been absent from work for the specified amount of time, and then you have a household exposure ... you may not need to be absent from work for the 5 days due to exposure.
- If you have received both the seasonal influenza and the H1N1 influenza vaccine, and the two weeks has passed in which it takes to develop immunity, you may not need to stay home if you have a household exposure.

Thank you for everything you have done ... and will continue to do ... as part of this important effort to keep the individuals we serve safe and as healthy as possible.