



FLU SEASON UPDATE

THE ARCHDIOCESE OF SAN FRANCISCO

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SHARE AND TRANSLATE AS NEEDED.

REMEMBER THOSE WHO DO NOT HAVE ACCESS TO FAX OR E-MAIL DISTRIBUTION.

FALL '09/WINTER '10
Bulletin No. 2
October 23, 2009

THE ARCHDIOCESE OF SAN FRANCISCO
ONE PETER YORKE WAY, SAN FRANCISCO, CA 94109

October 23, 2009

Dear Friends and Co-Workers in the Archdiocese,

In this second bulletin, we have included "Questions and Answers" from the CDC that we hope will be helpful in preventing the spread of the flu during the coming months.

HOW DOES 2009 H1N1 VIRUS SPREAD?

Spread of 2009 H1N1 virus is thought to occur in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something – such as a surface or object – with flu viruses on it and then touching their mouth or nose.

HOW LONG CAN AN INFECTED PERSON SPREAD THIS VIRUS TO OTHERS?

People infected with seasonal and 2009 H1N1 flu spread the virus and may be able to infect others from 1 day before getting sick to 5 to 7 days after. This can be longer in some people, especially children and people with weakened immune systems and in people infected with the new H1N1 virus.

WHAT ARE "EMERGENCY WARNING SIGNS" THAT SHOULD SIGNAL A NEED TO SEEK URGENT MEDICAL CARE?

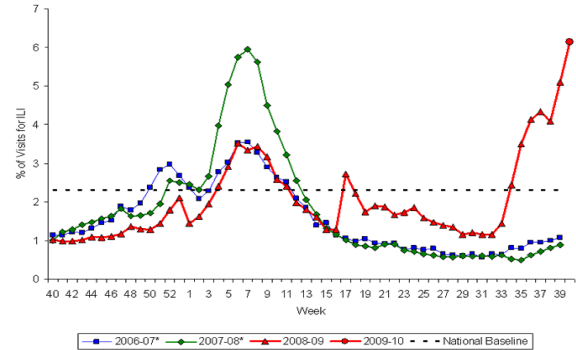
- In children:**
- Fast breathing or trouble breathing
 - Bluish skin color
 - Fever with a rash
 - Not drinking enough fluids
 - Not waking up or not interacting
 - Being so irritable that the child does not want to be held
 - Flu-like symptoms improve but then return with fever and worse cough

- In adults:**
- Difficulty breathing or shortness of breath
 - Pain or pressure in the chest or abdomen
 - Sudden dizziness
 - Confusion
 - Severe or persistent vomiting

It is impossible to prevent the spread of either the seasonal flu or the H1N1 virus. You can however, take precautions to keep yourself healthy and decrease the likelihood of contracting the virus. If you do become ill, stay home and do not return to work until you have been symptom free for at least 24 hours. Your health and the well being of your family and of your co-workers are of utmost importance!

Sincerely yours in Christ,

Maureen Huntington
Chair, Archbishop's Pandemic Flu Committee



*There was no week 53 during the 2006-07 or 2007-08 influenza seasons, therefore the week 53 data point for those seasons is an average of weeks 52 and 1.

Week 40: Oct 1 / Week 1: Jan 1 / Week 9: March 1 / Week 16: May 1 / Week 39 (Oct '09)

The flu season normally starts in early October and grows to a peak in mid Winter. Now is the time to prepare to limit the spread of any flu by becoming aware of and taking precautionary measures. NOTE: Spike at Week 39, 2009

ACTION ITEMS

Recommended by the Centers for Disease Control and Prevention (CDC):

#1. RECOGNIZE FLU-LIKE SYMPTOMS

- Fever
- Cough
- Sore Throat
- Runny or stuffy nose
- Body Aches
- Headaches
- Chills
- Fatigue
- Some people may also have vomiting and diarrhea

#2. SICK EMPLOYEES, VOLUNTEERS, AND STUDENTS SHOULD STAY HOME OR SHOULD BE SENT HOME IF THEY BECOME SICK AT WORK OR SCHOOL.

#3. DURING THE FLU SEASON, PREPARE TO CONTINUE ESSENTIAL FUNCTIONS AND ACTIVITIES AT WORK: Prepare for increased absences of employees and volunteers during the flu season. Plan ways for essential functions and activities at Archdiocesan locations to continue.

For more information:

CENTERS FOR DISEASE CONTROL AND PREVENTION:

www.cdc.gov/h1n1flu/ or www.flu.gov;
or call: 1-800-CDC-INFO

DEPARTMENTS OF PUBLIC HEALTH:

San Francisco: <http://www.dph.sf.ca.us/>
San Mateo: <http://www.co.sanmateo.ca.us/portal/site/health>
Marin: <http://www.marinflu.org/default.aspx>

Archdiocesan Task Force for the 2009/2010 Flu Season:

Chair: Maureen Huntington

Members: Carl Feil, Patrick Schmidt, Tom Hoffman, Katie Haley, Jose Leon, Anelita Reyes, Tom Burke, Patrick Vallez-Kelly, Father John Ryan, Dr. Lisa Harris, Annabelle Groh

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"... I hope all is well with you and that you are as healthy in body as you are strong in spirit." 3 John 1:2 NLT