

The background of the slide is a solid brown color with a pattern of stylized, overlapping autumn leaves in various shades of brown and tan. The leaves are scattered across the entire area, creating a textured, seasonal feel.

Safety Meeting Illness Prevention

EDM Services, Inc.

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H1N1 Flu Virus

Symptoms of swine flu may include:

- Fever (greater than 100°F or 37.8°C)
- Sore throat
- Cough
- Stuffy nose
- Chills
- Headache and body aches
- Fatigue

Who should get the H1N1 Flu vaccination?

- Pregnant women.
- Persons who live with or provide care for infants aged <6 months (e.g., parents, siblings, and daycare providers).
- Health-care and emergency medical services personnel.
- Persons aged 6 months through 24 years.
- Persons aged 25 through 64 years who have medical conditions that put them at higher risk for influenza-related complications.

NOTE: Children ages 6 months through nine years should receive two doses of H1N1 flu vaccine (separated by approximately 4 weeks apart). Persons 10 years of age and older should receive only 1 dose.

Vaccinations

Pro's and Con's

CONS

- Not enough information from the FDA. Too early to start using it. Some doctors are even going as far as to tell their pharmacies not to recommend it yet.
- Production of the vaccine was started before the FDA had concluded their testing. All of this was done to be certain that the vaccine would be available on time to distribute to the public.
- There is even a FDA statement associated with the vaccine that states that "Clinical Studies are Ongoing" according to some doctors this can only mean that all of the evidence is not yet in.
- Skeptics are telling us that this untested vaccine is potentially dangerous and unnecessary.

PROS

- Immunize before it causes a major pandemic across the country. They want to vaccinate as many people as possible as quickly as possible.
- This was the only way they had to get the vaccine to the public in time for the flu season.
- Some say that there "were no shortcuts" by the FDA inspectors.
- Some doctors also tell us that even though the vaccine production was speeded up, the quality of the inspections were just as thorough.
- The production of the normal seasonal flu vaccine and the H1N1 Swine Flu vaccine differ very slightly.
- It should be given to the public ASAP because children especially are at a higher risk for the H1N1 Swine Flu virus.
- Priority for the H1N1 Swine flu vaccine are being given to health care workers, children and young adults ages 6 months to 24 years, adults who care for infants under 6 months, pregnant women and adults with conditions such as asthma or a compromised immune system that predispose them to complications from flu.

Swine Flu Facts

- H1N1 flu hits those between the ages of 20 and 50 the hardest
- The flu strain is part animal (swine), part bird, and part human
- As of July 6 there have been 94,512 cases and 429 deaths worldwide
- In California H1N1 flu has now hospitalized more than 5,000 Californians and claimed the lives of 297
- Research has shown that the virus can survive on surfaces and infect a person for up to eight hours after being deposited
- Normal flu symptoms lasts 3-5 days, swine flu symptoms last 7 days or more and get progressively worse
- Washing your hands frequently is the best flu prevention
- Flu activity is widespread in 46 States
- Influenza attacks the respiratory tract. It can leave a person's system so weak, they are vulnerable to the bacteria that cause pneumonia.



Smoking



The Great American Smoke Out sponsored by the American Cancer Society is taking place this week

Benefits of Quitting

- According to ACS and a report by the U.S. Surgeon General, the health benefits of quitting smoking start to take effect almost immediately.
- **20 minutes after quitting**, your heart rate and blood pressure drops.
- **12 hours after quitting**, the carbon monoxide level in your blood drops to normal.
- **2 weeks to 3 months after quitting**, your circulation improves and your lung function increases.
- **1 to 9 months after quitting**, coughing and shortness of breath decrease; cilia (tiny hairlike structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.
- **1 year after quitting**, the excess risk of coronary heart disease is half that of a smoker's.
- **5 years after quitting**, your stroke risk is reduced to that of a nonsmoker 5 to 15 years after quitting.
- **10 years after quitting**, the lung cancer death rate is about half that of a continuing smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decrease.
- **15 years after quitting**, the risk of coronary heart disease is that of a nonsmoker's.

Is Your Workplace to Blame for Bad Eating Habits?

If you want to feel good and avoid getting sick, you need to eat a well-balanced diet rich in a variety of foods that provide all the essential nutrients.

Proper nutrition is a key part of fitness and good health. Follow these basics:

- Eating more fruits and vegetables—and less saturated fat—reduces your risk of heart attack and stroke. It also lowers the risk of getting diabetes and certain cancers—for example, cancers of the mouth, throat, lung, esophagus, stomach, and colon.
- Proper nutrition also helps you maintain a healthy weight. Obesity is associated with more than 30 serious medical conditions, including heart disease and high blood pressure, as well as chronic health problems such as back pain and impaired sleep.
- Eating right also gives you the fuel you need to do a good day's work and still have some energy to enjoy your personal time.
- And, good nutrition helps keep you looking fit and healthy. And that will probably make you feel better about yourself, too.

Encourage workers to examine the way they eat. Healthful diets contains foods from all of the food groups:

- Fruits and vegetables
- Whole grains in bread and cereal
- Fat-free or low-fat milk products
- Protein in lean meats, poultry, fish, beans, eggs, and nuts
- A healthful diet is also low in: Saturated fat, trans fat, cholesterol, salt, and added sugar