

Safety Corner



When Pig's Fly "2009 H1N1 Virus" or "Swine Flu"

This new virus was first detected in people in the United States in April 2009. This virus is spreading from person-to-person worldwide, probably in much the same way that regular seasonal influenza viruses spread. On June 11, 2009, the World Health Organization (WHO) signaled that a pandemic of 2009 H1N1 flu was underway.

How does 2009 H1N1 flu compare to seasonal flu in terms of its severity and infection rates? With seasonal flu, we know that seasons vary in terms of timing, duration and severity. Seasonal influenza can cause mild to severe illness, and at times can lead to death.

How long can an infected person spread this virus to others? People infected with seasonal and 2009 H1N1 flu shed virus and may be able to infect others from 1 day before getting sick to 5 to 7 days after.

What can I do to protect myself from getting sick?

A 2009 H1N1 vaccine is currently in production and may be ready for the public in the fall, until then, here are a few simple steps to help the prevention of spreading the virus:

1. Cover your nose and mouth with a tissue when you cough or sneeze
2. Wash your hands often with soap and water, especially after you cough or sneeze
3. Avoid touching your eyes, nose or mouth.
4. If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities.
5. Keep away from others as much as possible to keep from making others sick.

Emergency Warning Signs That Need Urgent Medical Attention include:

Children:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- 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

Adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness; Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

Safety Committee Members

- Vic White, Chairman
- Robin Benson, Vice Chair
- Brenda Rebo, Record Keeper
- Ken Boyd, Training Officer
- Roby Bowe
- Kelley Brown
- Amy Smart
- Sami Pierson
- Dennis Day
- Karmen McKinney
- Lisa Oedewaldt
- Terry Steiger
- Gregg Baney

Monthly Departmental Safety Meetings

Please remember, monthly departmental safety meetings must be documented and attendance rosters turned into Brenda Rebo. Attendance rosters should be turned in at the conclusion of each monthly safety meeting. The county will continue to conduct quarterly dinner gift certificate drawings for employees of departments who have 100% attendance at their monthly safety meetings. Employees attending all 12 departmental safety meetings shall be eligible for a safety incentive award at the end of the year.

Lincoln County Safety Committee Mission Statement

To develop, put into practice, and maintain the Lincoln County Injury and Illness Prevention Program which promotes safety awareness and safe work practices for all county departments and employees and that is in compliance with all federal, state, and county requirements in order to reduce and prevent accidents, injuries, and illnesses of employees.

**Safety
IS JOB ONE**