

Dear Caregivers:

With Fall just around the corner, we should all be mindful of the next possible outbreak of H1N1 influenza. Fortunately, most people infected with this virus have had relatively mild symptoms, much like those associated with ordinary seasonal flu. Even so, we will continue to take extra precautions here at Murray Ridge Center. For example, we are taking extra steps to encourage hand-washing and covering the mouth when sneezing or coughing.

For now, we are doing everything we can to keep our facilities functioning as usual. Here are a few things you can do to help.

Encourage frequent hand washing with soap and water or an alcohol-based hand rub. You can set a good example by doing this yourself.

Demonstrate and reinforce the importance of not sharing personal items like drinks, food or unwashed utensils, and of covering coughs and sneezes with tissues, or using the elbow, arm or sleeve instead of the hand when a tissue is unavailable.

Know the signs and symptoms of the flu. Symptoms of the flu include fever (100° Fahrenheit, 37.8° Celsius or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.

Keep a day program participant home for at least 24 hours after he/she no longer has fever or does not have signs of fever, without using fever-reducing drugs. Keeping an individual with a fever at home will reduce the number of people who may get infected.

Do not send an individual to the day program if he/she is sick. Anyone who is determined to be sick while at the day program will be sent home.

Murray Ridge Center will be working on prevention, armed with information from the Centers for Disease Control (CDC) and local agencies. Thank you for working with us to keep our program participants healthy and happy.

Sincerely,

Amber L. Fisher, Dr.P.H.
Superintendent

