



Lifeline

Special H1N1 Pull-out Section CALIFORNIA PRISON HEALTH CARE SERVICES

The H1N1 virus is cause for worldwide pandemic concerns this season. The California Prison Health Care Services, Division of Public Health teamed up with the Communications Department to produce this special pull-out section for CPHCS/CDCR Staff and related agencies. The special insert includes an English/Spanish Poster for visitor areas with a list of flu symptoms and the special hotline number. We also remind everyone of the basics for staying healthy : **EAT WELL * REST * EXERCISE * STAY INFORMED**

GET VACCINATED!



Both seasonal and 2009 H1N1 vaccines are crucial. Depending on supplies and distribution, choose the **EARLIEST** source of vaccine for flu immunization: your

health care provider, pharmacy, or CDCR workplace (for front-line prison staff only).

Make sure everyone in your family over 6 months old is vaccinated with both vaccines – children 9 years old and younger will need three vaccinations (one seasonal, and two for 2009 H1N1, spaced four weeks apart).



COVER YOUR COUGH, COUGH INTO YOUR SLEEVE!

Cover your nose and mouth with a tissue or – better yet -- in your sleeve, inside the bent elbow of either arm. Put used tissues immediately in the trash. Clean your hands with soap or an alcohol-based hand cleaner after coughing.

CLEAN YOUR HANDS FREQUENTLY



Use soap for 20 seconds or more or use an alcohol-based hand cleaner, especially after touching hard surfaces like

doorknobs, pens, light switches, remote controls, key boards, grocery carts, and after using tissues to blow your nose.

CLEAN HARD SURFACES



Use common household cleaning agents. Special disinfectants are not necessary.

PRACTICE SOCIAL DISTANCING



**AVOID
PUBLIC
PLACES
IF YOU
ARE
SICK**

- ◆ Don't shake hands, limit body contact with others.
- ◆ Avoid crowds as much as possible.
- ◆ Limit unnecessary travel.
- ◆ Prioritize or limit attendance at community events, sports gatherings.
- ◆ Observe local health department guidance about school, church, community event attendance.
- ◆ Sit 6 feet away from anyone with cold or flu symptoms.

WHEN FLU STRIKES: WHAT YOU AND YOUR FAMILY SHOULD DO

STAY HOME



When you are sick, stay home.

Also, keep your children home at first signs of flu.

- ◆ If already at work when you develop a fever, sore throat, and cough immediately don a mask, tell your supervisor, and go home!
- ◆ Stay at home for a full 24 hours after fever is gone without the use of fever-reducing medicine like Tylenol® or Motrin®.
- ◆ Most illness can be managed at home without a visit to the doctor. Congregating in doctors' offices and hospitals may in fact increase the risk of contagion.
- ◆ Call your doctor to ask for medical advice.

CARING FOR A SICK PERSON AT HOME

Relieving fever, chills, aches, sore throat and headache:

- ◆ Take and record the patient's temperature in the morning and evening.
- ◆ Give fever-reducing medications containing acetaminophen or ibuprofen.

Aspirin and other medications with salicylates must be avoided in anyone under age 20.

- ◆ A lukewarm bath may help reduce temperature.
- ◆ Home remedies for sore throat:
 - ◆ Encourage gargling with warm salt water (1 TSP of salt with 8 oz H₂O),
 - ◆ Use throat lozenges or mint teas, and
 - ◆ Offer ice cream, sherbet or popsicles to ease sore throat pain, especially in children too young to gargle or use lozenges.

Encourage good pulmonary hygiene to help prevent pneumonia and ease respiratory symptoms:

- ◆ Avoid prolonged bed rest.
 - ◆ Have the ill person change positions in bed every hour and get into a chair or take brief walks around the room every 2-3 daytime hours.
 - ◆ Have the ill person take 4-5 slow, deep breaths and try to cough up secretions at least once an hour to promote lung expansion and clearing of phlegm.
 - ◆ Elevate the ill person's head and upper body with cushions as this may ease breathing.
 - ◆ Provide cough syrup (if > 2 years old) as directed, seek medical advice for children, and provide warm beverages and/or have the ill person spend time in a steamy bathroom to ease congestion.
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Relieving nausea, vomiting and diarrhea:

- ◆ Offer clear liquids in small but frequent sips (or use ice chips). Give water, juices, Jell-O®, broths, ginger ale, and decaffeinated tea as tolerated.
- ◆ Avoid alcohol and beverages with caffeine, as these tend to dehydrate.
- ◆ Give fluids that contain electrolytes like Pedialyte® for children or sports drinks for adults.
- ◆ Once diarrhea, nausea and vomiting have stopped, offer soft bland food like: white toast (no butter), rice, potatoes (no skin), skinless chicken, and crackers. Avoid concentrated sugars and fatty foods.
- ◆ Watch for signs of dehydration including dry lips or mouth and decreased amounts of urine that appears darker than normal. In infants watch for a decreased number of wet diapers.

Use of anti-diarrheal and anti-vomiting medications may lead to dehydration.

If you or your family have signs of dehydration or are unable to keep fluids down, contact your health care provider.

In general, flu patients should be seen by a health care provider ASAP when:

The patient has **difficulty breathing** or **chest pain**, has **bluish skin or lips**, or has any **cough producing frothy or red sputum**.

The patient has a **high fever**:

- ◆ Children and adults - 105° and higher
- ◆ Babies 3 to 24 months - 103° and higher
- ◆ Babies under 3 months - a rectal temperature of 100.4° and higher

The patient exhibits any of these **other symptoms**:

- ◆ Stiff neck
- ◆ First time seizure
- ◆ Confusion and irritability
- ◆ Inability to move an arm or leg



FAMILY PANDEMIC FLU PREPAREDNESS KIT

Get Two Weeks Worth of:

- ◆ Food that does not need refrigeration.
- ◆ Water, at least one gallon per person per day stored in sealed, unbreakable containers (in an emergency, filling the bathtub can help).
- ◆ Prescription medication and over-the-counter medications for fever, such as ibuprofen (e.g., Motrin®) or acetaminophen (e.g., Tylenol®).
- ◆ Thermometer, surgical masks, gloves, soap, alcohol hand cleansers, tissues, paper towels and cleaning supplies.
- ◆ Keep cell phone charged and have charger available.



Flu Symptoms ? Avoid 'Presenteeism'

With the flu season rolling in fast, we've just provided you with prevention measures, healthy habits, recovery tips, etc. While contrary to what is normally asked of a good employee, that is to consistently be at work and on time, one of the best methods of flu prevention is to stay home. "Presenteeism", the opposite of absenteeism, is a tendency that could help spread the flu around the workplace.

Some people feel they just can't leave the job, that if they leave for one day, everything is going to fall apart. In the wake of a flu vaccine shortage, the problem could be compounded this year because many of these dedicated workers who are more likely to go to work while sick may never get a flu shot. Everyone enjoys working alongside such devoted employees, but it could end up costing the organization more money and time in the long run, lost productivity. While *you* may get through your week, under the weather, but functional, you never know how your illness will affect others. If you are feeling "sick" from the flu or anything else that may be contagious, don't be a good employee, be a great employee, stay home and take a sick day! (With your supervisor's approval of course.) Here is some information on how to use your employee health benefits to compensate for hours missed from work due to illness:

Sick Leave

Sick Leave is designed to compensate employees for loss of income during periods of illness or injury, or for time that the employee spends in receiving medical assistance. An employee may also use sick leave credits for the illness, injury, or medical needs of a qualifying family member.

Full time employees enrolled in the Vacation & Sick Leave benefits program earn eight (8) hours of sick leave for each qualifying month of service. New-to-state employees receive their first eight hours of credit after completing a qualifying pay period. An unlimited amount of sick leave may be accumulated.

Employees enrolled in the Annual Leave benefits program do not earn sick leave credits. For Annual Leave accrual rates, visit the Department of Personnel Administration website at www.dpa.ca.gov.

Leave Credits Exhausted

In the case where all sick leave credits have been exhausted, Vacation or Annual Leave can be used in lieu of Sick Leave.

Employees may be eligible for other leave provisions such as a Catastrophic Time Bank, State Disability Leave (SDI), Non-Industrial Disability Leave (NDI), and other benefit programs. Employees, managers, and supervisors are encouraged to review the appropriate Memorandum of Understanding (MOU) or contact their Personnel Specialist for other leave program options.

