



UTE INDIAN TRIBE

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TO: All Employees

From: Misty Bruns
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Re: H1N1 Flu (Swine Flu)

7/13/09

As we all know we are have had an outbreak of H1N1 across the U.S, in an effort to continue to keep you all informed with the latest information we wanted to share this information with you.

We have had several cases of type A influenza here in our area and feel the need to again get out vital information that can help you all cope with this situation.

Novel H1N1 flu virus infection (formerly known as swine flu) can cause a wide range of symptoms, including fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with novel H1N1 flu. Like seasonal flu, novel H1N1 flu in humans can vary in severity from mild to severe. Severe disease with pneumonia, respiratory failure and even death is possible with novel H1N1 flu infection. Certain groups might be more likely to develop a severe illness from novel H1N1 flu infection, such as pregnant women and persons with chronic medical conditions. Sometimes bacterial infections may occur at the same time as or after infection with influenza viruses and lead to pneumonias, ear infections, or sinus infections.

The following information can help you provide safer care at home for sick persons during a flu outbreak or flu pandemic.

How Flu Spreads

The main way that influenza viruses are thought to spread is from person to person in respiratory droplets of coughs and sneezes. This can happen when droplets from a cough or sneeze of an infected person are propelled through the air and deposited on the mouth or nose of people nearby. Influenza viruses may also be spread when a person touches respiratory droplets on another person or an object and then touches their own mouth or nose (or someone else's mouth or nose) before washing their hands.

Good hygiene plays a very big part in your protection.

Please share this information with family and friends.

We ask you not to panic and call ahead to the clinic or hospital prior to being seen if you think you have symptoms of the virus.

The following link will take you to the CDC website where you can find several other links with instruction and information on how to better protect yourselves and your loved ones.

Please take some time out to look at the information being offered and if you have any questions please call me @ 435-823-8112.

<http://www.cdc.gov/swineflu/>

You may also visit www.utetribes.com on the cover page you will see a red highlighted link to additional information on the virus this also includes links to the most recent information.

Stay healthy

Misty Bruns