

School District of Pittsburgh Joint Labor/Management Safety Committee

SPECIAL POINTS OF INTEREST:

H1N1 (SWINE FLU) PREPAREDNESS



The School District of Pittsburgh Joint Labor/Management Safety Committee would like to express their condolences to the Harbaugh family in the passing of Frank Harbaugh, Chief of Maintenance on April 24, 2009. Frank was a 25 year employee of the School District and a safety committee member and who will be missed by committee members and co-workers.



PLAN AND PREPARE

You can prepare for an influenza pandemic now. You should know both the magnitude of what can happen during a pandemic outbreak and what actions you can take to help lessen the impact of an influenza pandemic on you and your family. This checklist will help you gather the information and resources you may need in case of a flu pandemic.

TO PLAN FOR A PANDEMIC:

- Store a two week supply of water and food. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies, such as a power outage and disasters.
- Periodically check your regular prescription drugs to ensure a continuous supply in your home.
- Have any non prescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.
- Volunteer with local groups to prepare and assist with emergency response.
- Get involved in your community as it works to prepare for an influenza pandemic.

TO LIMIT THE SPREAD OF GERMS AND PREVENT INFECTION:

- Teach your children to wash hands frequently with soap and water, and model the correct behavior.
- Teach your children to cover coughs and sneezes with tissues, and be sure to model that behavior.
- Teach your children to stay from others as much as possible if they are sick. Stay home from work and school if sick.

Plant Operations formally opened a custodial training center and on April 6, 2009 in the Old Miller Building. This training center was developed to educate all custodial employees. On April 6, 2009 not only did the new training center open, but it started their 4 part training session for nine new sub custodial staff with another training completed on April 22, 2009. This thirty-two hour program was developed by several Plant Operations employees that covered asbestos awareness, blood born pathogens, confined spaces, fire extinguisher safety, ladder safety, M.S.D.S., scaffold safety, workers' compensation information, as well as worksheets on safety. Thank you to Thomas Meeder and Maria Moio who coordinated all various subject areas.



H1N1 Part 2
(Swine Flu)

ITEMS TO HAVE ON HAND FOR AN EXTENDED STAY AT HOME:

Examples of medical, health, and emergency supplies	
Examples of food and non-perishables	
Ready-to-eat canned meats, fish, fruits, vegetables, beans, and soups	Prescribed medical supplies such as glucose and blood-pressure monitoring equipment
Protein or fruit bars	Soap and water, or alcohol-based (60-95%) hand wash
Dry cereal or granola	Medicines for fever, such as acetaminophen or ibuprofen
Peanut butter or nuts	Thermometer
Dried fruit	Anti-diarrheal medication
Crackers	Vitamins
Canned juices	Fluids with electrolytes
Bottled water	Cleansing agent/soap
Canned or jarred baby food and formula	Flashlight
Pet food	Batteries
Other non-perishable items	Portable radio
	Manual can opener
	Garbage bags
	Tissues, toilet paper, disposable diapers

For More Information Visit: www.pandemicflu.gov

The Centers for Disease Control and Prevention (CDC) hotline, 1-800-CDC-INFO (1-800-232-4636), is available in English and Spanish, 24 hours a day, 7 days a week. TTY: 1-888-232-6348. Questions can be e-mailed to cdcinfo@cdc.gov. Links to state departments of public health can be found at <http://www.cdc.gov/other.htm#states>

FLU SYMPTOMS:

- Fever
- Aches
- Chills
- Tiredness
- Sudden symptoms



Flu symptoms can be mild or severe—and if they’re mild can become severe without much notice. Be aware of your body and monitor your body temperature. Flu symptoms can come on suddenly—be sure you know your treatment and prevention options so you can be prepared.

The common symptoms of the flu include:

- ⇒ Fever (usually high)
- ⇒ Headache
- ⇒ Muscle aches
- ⇒ Extreme tiredness
- ⇒ Dry cough
- ⇒ Runny nose may also occur but is more common in children than adults
- ⇒ Stomach symptoms, such as nausea, vomiting, and diarrhea, may also occur but are more common in children than adults

You don’t need to experience all of these symptoms to have the flu. If you have one or two, it’s recommended that you see your doctor.

For H1N1 updates please go to the School District’s website and click onto Practice Healthy Habits to Prevent Illness.