

STAYING CONNECTED...HEALTH ALERT



Issue No. 1

Preparing at Home

Consider the following suggestions as you examine the needs of your family. This list is not exhaustive; use it as a starting point for personal planning.

- **Transportation.** Could the flu interrupt your transportation to work? What's the plan if you or someone you share a ride with gets sick?
- **Childcare.** Account for various scenarios (you get sick, your child gets sick, your caregiver gets sick, etc.). Make a plan that works for you and your family.
- **Schools.** Stay in touch with your children's schools so you can understand their emergency procedures and the way they communicate with parents if an emergency occurs.
- **Caring for family and pets.** Who counts on you to check on them regularly? Parents? Aging relatives or neighbors? If you become sick and can't follow up with these people, who will serve as backup? Also consider the needs of pets.
- **Food.** Keep some easy meals on hand to feed your family in case the flu makes it difficult to get to the grocery store. Find out what delivery options exist through local grocery stores. Stock up on items to help a flu patient recover (for guidance, contact a healthcare professional).
- **Prescriptions.** Ensure you have a few extra days supply of critical prescriptions. Understand the emergency options at your pharmacy, and look into home delivery options.
- **Emergency contacts.** Ensure that family members know whom to call in a given situation. Update phone directories and cell phones.

Visit the Center for Disease Control and Prevention Website

D

We rarely have the luxury of several weeks advance notice before an emergency occurs, but with a potentially bad flu season on the horizon, time is on our side.

This message is the first in a series that I will send to all our Michigan Works! Service Center system personnel to help us all prepare. If we collectively take a few actions at home and at work, we will lower the odds of catching and transmitting the flu and help our Michigan Works! Service Center System remain open when our citizens need our services this fall and winter.

Current Status of H1N1 Flu

The World Health Organization declared a pandemic for the H1N1 flu (formerly called the "swine flu") in June 2009. The virus continues to spread worldwide. The U.S. Centers for Disease Control (CDC) expect more cases as the regular flu season approaches.

Given the real possibility of widespread cases of H1N1, we all need to take a proactive approach to minimize the flu's effects on our ability to fulfill our core mission.

Preparing at Work

We will work to ensure that our business continuity plans contain appropriate documentation to cover all job functions if required including but not limited to staff scheduling and location.

Maintaining an awareness of local annual flu shot campaigns for the seasonal flu is important. Although this flu shot does not protect against the H1N1 virus, health experts recommend that everyone get the seasonal flu shot. They also recommend getting the H1N1 vaccination as soon as it is available. All Michigan Works! System personnel are strongly encouraged to contact their healthcare provider.

Remember, if you are feeling ill, please stay home to lessen the spreading the H1N1 virus.

What's Next

During the first week of October, I'll share more information about how to avoid catching the flu and how to prevent its spread and how to access our website to go to various internet links concerning H1N1.

Sincerely,

Orrin Bailey
Michigan Works! The Job Force Board



[Forward email](#)

[SafeUnsubscribe®](#)

This email was sent to tdegrand@jobforce.org by orin@jobforce.org.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by

