

PANDEMIC FLU

Background

H1N1 influenza first appeared in March 2009 with illness in Mexico and California. The virus is currently circulating throughout Oregon.

Symptoms

The flu-like symptoms associated with the H1N1 infection include:

- fever
- cough
- sore throat
- body aches
- headache
- chills
- fatigue
- nausea
- vomiting and/or diarrhea

Public health officials report H1N1 severity is similar to the seasonal flu. Certain groups, including pregnant women and people with underlying conditions, are an increased risk to experience complications.

Communicability

Spread of H1N1 influenza occurs in the same way as the seasonal flu. Flu viruses are spread mainly from person-to-person through coughing and sneezing. Sometimes people may become infected by touching something (such as a surface or object) with flu viruses on it and then touching their mouth or nose.

Follow these three steps to protect yourself and help prevent the spread of infections to others:

- washing hands frequently
- covering one's cough
- staying home from work when sick

Additional Information

For detailed H1N1 flu information, visit ([DHS H1N1 Link](#)).

The Oregon Judicial Department's (OJD) Security and Emergency Preparedness Office (SEPO) prepared a business continuity plan annex to address pandemic flu. The Model Court Pandemic Flu Template and its Attachments provide educational tools, structure, and guidance in outlining a response to this and other epidemics. All courts and divisions will have completed pandemic flu plans in advance of flu season.

SEPO has also initiated an education effort to inform all judges and court staff of the threat posed by an influenza pandemic. All judges and staff have been provided information to help them prepare themselves and their families for a possible influenza pandemic. To meet this effort, OJD SEPO has distributed:

- hand sanitizer for judges and staff
- antibacterial wipes to judges and staff
- hygiene pocket card to judges and staff
- distributed posters containing flu information to all court facilities

For specific personnel related issues see the OJD Human Resource Services Division (HRSD) Workplace Safety and Health Information intranet.

For additional material see:

| Federal Sites | State Sites | County/City Sites |
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| Bureau of Consular Affairs - Travel | Oregon Public Health | Local Emergency Management Agencies |
| FEMA FEMA For Kids FEMA (YouTube) FEMA (Facebook) | Oregon Emergency Management Association (OEMA) | |
| CDC flu page | State of Oregon Flu Page | |
| Immunization Action Coalition | Other States Emergency Management Web sites | |
| American Lung Association Faces of Influenza | | |
| National Influenza Summit | | |
| National Center for Immunization and Respiratory Disease (NCIRD) (cdc.gov) | | |
| National Institute of Allergy and Infectious Disease (NIAID) | | |
| Food and Drug Administration | | |
| Federal Government Flu Page | | |