



# Broward County ARES®/RACES

November 2009

## A Message From Your ARES® Emergency Coordinator—Carol Sjursen, KJ4AWB

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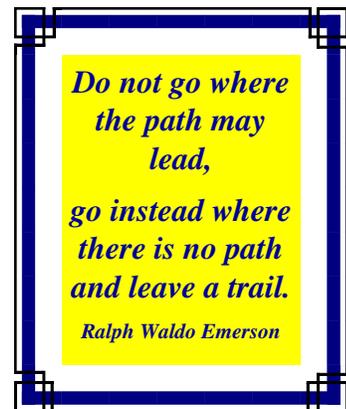
October was another successful month filled with activity and excitement. Word of mouth is spreading about the great meetings and educational programs that we are bringing to our members. As a result, our organization is growing with new and enthusiastic hams interested in emergency communications.

We had a wonderful Simulated Emergency Test that is receiving statewide recognition. I am so proud of each of you for your participation and dedication. The newer hams are stepping up to the plate and learning and the seasoned veterans are giving their talents

as our communications anchors. Be sure and take a look at the article inside this newsletter for SET details.

I am dedicated to the success of each of our members. We will continue to bring in training that will teach each of you the various aspects of emergency communications. Let me know if there is a particular topic that you would like to see at one of our programs. Ultimately, I would like to see us have a well trained ARESMAT team willing to be deployed to an affected area after a disaster to provide communications support.

As your ARES® Emergency Coordinator, I don't intend to waddle down the old and beaten path. Together, we will blaze a new trail and put Broward County on the national ARRL map. Thank you again for your support!



## From Your RACES Officer—Robin Terrill, N4HHP

During the SET, RACES participated on County level by activating the EOC. We are very fortunate here in Broward County to have such a good relationship with Broward County Emergency Management Agency. I would like to thank those of you that supported the ARES SET on October 3rd. The Set showed how amateurs by working together achieved the goal of getting a message from the staging area to the EOC and from the Broward County EOC

to the Palm Beach County EOC using only simplex frequencies simulating that all other means of communications were totally nonexistent. As a point of interest, when we here in South Florida face hurricanes that destroy all means of communications, the Broward County Emergency Management Agency do depend on us ham radio volunteers to keep the line of communications open and this SET proves the point that amateur radio is a valuable resource to eve-

ryone. Please keep in mind that we still have about 1 1/2 months to go till the end of the hurricane season. Remember that the Broward County Emergency Preparedness Net meets every Wednesday night starting at 7:00 PM on the 146.910 -600 PL 110.9 BARC Repeater. Please make if a point to support us by coming to the Broward County ARES/RACES meeting on the third Tuesday of each month.



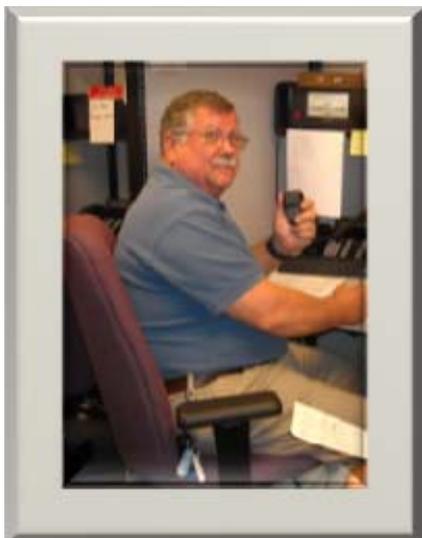
## October 3rd—ARRL Simulated Emergency Test



The combined Broward/Palm Beach County 2009 Simulated Emergency Test was held on Saturday, October 3<sup>rd</sup>, 2009. The ARRL encourages this nationwide drill each year for the purpose of finding out the strengths and weaknesses of ARES®, RACES, NTS and other groups in providing emergency communications. This drill also allows our members to gain communications experience under simulated emergency conditions.

The Southeast Florida Traffic Net held a special session of the net as a part of the SET. A special thanks to the SEFTN for holding this special session and taking SET traffic.

This year's SET gave communicators the opportunity to focus on amateur radio simulated emergency communications within a simplex environment. Participants were informed that a major hurricane severely impacted Broward and Palm



Beach counties and that all of the repeaters were out of commission. Traffic needed to be passed between the Staging Areas, EOCs, shelters and PODs in the two counties. The only way to accomplish this was through the use of relays in simplex mode.

We accomplished our goal of passing "long distance" VHF simplex communications between the two counties, proving that the use of relays and liaisons between the counties could be used in the absence of working repeaters.

There has already been quite a buzz in the amateur community as to how well we did in the SET. We are evaluated at the ARRL headquarters based on our performance during the SET. Some of the categories that we are evaluated on include, but are not limited to, the number of hams that participate, the experience of the hams, the amount of formal written traffic sent, tactical communications, stations using emergency power during the SET, use of digital modes, the number of different agencies for which communications are handled and the number of communities in which agencies were contacted.

Between the two counties, there were 70 participants, 50 of which were on emergency power. These numbers are HUGE

and quite impressive. If there's ever a real emergency, we know we have a good base of communicators! We had great participation from the newer hams – 28 in total. It was a great experience for them and they learned a lot.

The final scores were phenomenal – 414 for Broward, up from 337 in 2008.



Palm Beach came in with an impressive 478, up from 156 in 2008.

Each of the SET participants received a Certificate of Appreciation for their efforts. We thank each of you for participating – our success was because of you!



## October Meeting Notes—Antennas In Emergency Situations

The October meeting of Broward County ARES®/RACES was certainly an exciting one! The room was filled with members and guests. It was really a joy to see so many new faces!

There was a lot of business to take care of at this meeting. We discussed the results of the Simulated Emergency Test held on October 3<sup>rd</sup>. Members learned what we did that worked as well as things that came up during

the SET that we need to improve upon based on the online feedback reports received from the participants as well as the after action meeting held at the Broward County Emergency Operations Center. Certificates of Appreciation were presented to all participants and a group photo was taken.

Alan Rabin, WA2AR was our guest speaker for the meeting. He held the attention of everyone in attendance



with his presentation entitled “Antennas In Emergency Situations.” Alan showed us a number of different antennas and explained the advantages and disadvantages of each in emergency situations. Alan gave each person in attendance a piece of twin lead cable and a set of instructions so that they could make their own J-Pole antenna for their go kit. We thank Alan for his generosity and for taking the time to educate our membership on antennas.



## Upcoming ARES®/RACES Meeting- ARESMAT—Preparing For Your Deployment

As explained in an accompanying article in this newsletter, ARESMAT is all about hams who are able to go and provide assistance to other areas that have been hit with a disaster and need amateur radio emergency communications support. A number of hams in our area have done this over the years.

There's a lot you need to know to prepare for your deployment. We'll be sharing that information with you at our next Broward County ARES®/RACES meeting on Tuesday, Novem-

ber 17<sup>th</sup>. David Fowler, K4DLF, has already interviewed some of the folks who have actually assisted in disasters. He will share what they have done in advance to get ready. He will also share stories of what has happened once they're on site. These interesting, informative, and sometimes even funny stories will give you an idea of what it's like to be a part of an ARESMAT Team.

In addition, if you have first-hand experience providing mutual aid in a past disaster, please join us for the

meeting. We'd like for you to share your personal experiences with the group!

The meeting will be held on Tuesday, November 17, 2009 at 7:30 pm. We will meet at Sunview Park, 1500 SW 42 Ave., in Ft. Lauderdale. As always, feel free to bring a guest. Looking forward to seeing you there!



## Volunteer Spotlight—Bill Rafus

There's a saying in disaster operations – "improvise, adapt and overcome". Bill Rafus, KD4FRB can certainly attest to that mentality. He spent a certain period in his life showering under the contents that were dispensed from one of those big milk trucks that you see traveling from the dairy farms to the pasteurizing plant. No, the truck did not contain milk at the time (although that would probably explain his smooth skin) - it was filled with water, yes, good old H2O.

So, how is it that Bill came upon a milk truck for his daily shower? Not because his water bill wasn't paid – I can assure you that. In 1992, we had a little hurricane that sort of crippled this area. Some of you may remember his name – Hurricane Andrew – a late October storm that brought the South Miami/Homestead area to a screeching halt.

The day after Hurricane Andrew passed, Bill was deployed to Homestead with the Motorola Amateur Radio Club CAT team to provide communications support via ham radio in the affected area. He spent 10 glorious days sleeping on a Red Cross cot under the stars (no air conditioning inside), eating at 5 star restaurants

(Salvation Army canteen) and assisting in whatever way he could. He and his team were instrumental in keeping the lines of communication open between Dade and the Broward and Palm Beach EOCs. He worked very closely with the distribution of supplies to the migrant workers and with the Florida National Guard.

Hmmmm . . . the gunshots Bill heard at night while he was sleeping – were they from the good guys or from the bad guys? Bill will never know.

Bill has always had an interest in electronics and gadgets. As a young lad, his licensed uncle would let him talk on the ham frequencies. Bill went to a hamfest in West Virginia with his uncle and made his first satellite contact. He was starting to get hooked. He took numerous electronics courses in high school and even joined the ham radio club at school. Because electronics was always a hobby, he ended up with a job at Radio Shack (of course) where he remained for 26 years.

It wasn't until 1991 that he actually got his amateur radio license. He

immediately became active and joined the Broward Amateur Radio Club, joined ARES®/RACES, went to numerous drills and training sessions, became passionate about Amateur TV and satellite, worked in the EOC and, only a year after he was licensed, became a part of a CAT team that was deployed to the Hurricane Andrew disaster.

Bill became very interested in satellite communications and is currently the AMSAT Area Coordinator for South Florida. The Radio Amateur Satellite Corporation is a worldwide group of Amateur Radio operators who share an active interest in building, launching and then communicating with each other through non-commercial Amateur Radio satellites. AMSAT designs, constructs and successfully launches communications satellites into Earth orbit. Bill was part of an integration team that built

the Oscar 40 satellite which was the most expensive Amateur Radio satellite ever built. Bill also worked on many of the antennas that are operational on board the ISS – the International Space Station. Amazing that we have so much talent in our ranks!

Then there's the personal side of Bill. He has a passion for helping people and would love to help anyone on ATV or Satellite communications. But his passion goes deeper than Amateur Radio. Bill has always had an interest in science and biology. That, combined with his love for helping people

led him back to school to get his nursing degree. As an LPN, he has experienced many aspects of the medical field, helping people at the worst times of their lives. Bill treats each of his patients with care and compassion – the way he would like to be treated if he were the patient. Bill is part of a sports health team that mans the first aid stations at major sporting events and has worked the Dolphins games, the Super Bowl, and the World Series.

This month, wedding bells will ring for Bill and his lovely bride to be, Myra. Don't you just have goose bumps? Broward County ARES®/RACES wishes to congratulate Bill and Myra and wish them many happy years together.



## ARES® On The Move! ARESMAT

### David Fowler, K4DLF—Section Training Officer

ARESMAT stands for ARES® Mutual Assistant Team. These are hams that individually or in groups respond to disasters and calls for help in locations other than their own county.

The ARESMAT concept recognizes that a location's ARES® / RACES resources can be quickly overwhelmed in a large-scale disaster. Hams in affected areas may be preoccupied with mitigation of their own personal situations and therefore not be able to participate in local ARES® / RACES activity. Accordingly, amateur radio support must come from hams outside the affected areas.

The majority of ARES® / RACES members may not be in a position to be a part of ARESMAT. Jobs, family obligations, or other responsibilities may preclude just picking up and going to another location on short notice. On the other hand, each ARES® / RACES group may have some hams, such as active retirees, self employed individuals, or folks with flexible work schedules that may be able and willing to help out with mutual assistance for a few days or even a week or more. After Katrina, about 1000 hams responded.

In the “good old days” a ham willing to provide mutual aid could just show up as a spontaneous volunteer, report to the disaster area's emcomm leader, and get to work. Nowadays, we have paperwork and credentialing issues to deal with. To be deployed to another county in Florida or even another state if you are willing, you will need a “Tracking Number” assigned by the State of Florida. A tracking number will not only guarantee you access to the affected area, but you will be fully covered by worker's compensation insurance.

You don't need an RV to be deployed, but you should try to pack enough supplies to be self sufficient (food and water) for 72 hours in the affected area.

You must have training credentials to get a tracking number. Specifically, you must complete the ARRL ARECC Level 1 course and FEMA IS-100, 200,

and 700. The FEMA courses are free and online. Your Emergency Coordinator can give you information on upcoming ARECC Level 1 classes.

Finally, if you are able and willing to be part of ARESMAT, make sure to let your Emergency Coordinator



know. In the future, there may be a database for ARESMAT volunteers for which you can register. Until then, the ARRL section leadership will work with Emergency Coordinators to find hams willing to be deployed.



*May Your Thanksgiving  
Be Blessed With The Bounty  
Of The Season*

## Public Service Event—Winterfest Boat Parade



The 38<sup>th</sup> Annual Winterfest Boat Parade will take place on Saturday, December 12, 2009. The 12 mile parade will start on the New River, travel

east to the Intracoastal Waterway and continue north to Lake Santa Barbara in Pompano Beach. The 12 mile parade will start on the New River, travel



east to the Intracoastal Waterway and continue north to Lake Santa Barbara in Pompano Beach.

This year's theme, "That's Entertainment" embraces the beauty of our waterways with music and excitement of every era. From the vast number of private boats to the giant showboats and corporate mega-yachts, the 100 parade entrants will be adorned with hundreds of thousands of lights, music, entertainment, decorations, celeb-

rities, musical groups, beauty queens and many other exciting entries expected to be viewed by over one million spectators. Amateur radio operators provide communications support for the Winterfest Boat Parade. Operators are assigned to locations on each side of the 7 bridges along the parade route as well as other strategic positions. Operators may bring 1 additional person with them to keep them company on the bridge where, they too, will have a spectacular view

of the parade.

Winterfest is also looking for individuals who would like to be a security boat operator. If you have a boat, or have a friend with a boat, this is another opportunity to have a front row seat for the parade.

New hams are encouraged to participate in this event. You can be paired up with a more experienced operator if you'd like who will walk you

through your first year volunteer experience. All you need in a handheld radio with PL capability, a fully charged spare battery, a headset and a desire to have fun. You will have a front row seat since all of the parade boats will pass right through your bridge.

There will be a meeting for those who volunteer for the bridges or security boats on Wednesday, December 2<sup>nd</sup>. Pizza and soft drinks will be served. In February, there will be a super volunteer party.



If you are interested in

helping out,

Contact

Robin Terrill, N4HHP,  
Winterfest Communications  
Chairman

Email: [N4HHP@comcast.net](mailto:N4HHP@comcast.net)

Phone: 954-249-5343.

*Think for yourself. No one else is qualified. - Frank Vizarre*

## Skywarn Class—November 21st

In what has become an annual tradition, the Broward Emergency Management Division will again host a training class for SKYWARN Storm Spotters on Saturday, November 21, 2009 at the Broward County Emergency Operations Center, located at 201 NW 84<sup>th</sup> Avenue, in Plantation.

FREE training on reporting significant weather conducted by the National Weather Service. Become a SKYWARN weather spotter and be part of a Nationwide volunteer net-

work, who report observations of significant weather and damage resulting from severe weather to the National Weather Service. The National Weather Service then sends alerts to the public via television, radio, marine and weather radios, public safety agencies and other information sources that severe weather is approaching or has been sighted.

Classes for beginners and advanced Storm Spotters will be taught in a combined class, by a meteorologist

with the National Weather Service.

NOTE: You must pre-register by email to take this course! We have only 60 seats available, first come first serve.

The last day to register is November 13th. Contact Robin Terrill N4HHP, [n4hnp@comcast.net](mailto:n4hnp@comcast.net).





## Broward County ARES®/RACES Information

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Join the **BrowardCountyARES**  
**Yahoo Group** at:

<http://groups.yahoo.com/group/BrowardCountyARES/>

**Broward County Emergency**  
**Preparedness Net**

Every Wednesday 7:00 pm  
146.910 MHz -600 PL 110.9

**Monthly Meeting**

3<sup>rd</sup> Tuesday of Each Month at 7:30 pm  
Sunview Park 1500 SW 42 Ave.  
Ft. Lauderdale, FL 33317

**FEMA Independent Study (FREE)**  
[www.training.fema.gov/IS](http://www.training.fema.gov/IS)

**Take the following classes:**  
IS-100; IS-200; IS-700

## And The Training Kept A Rollin' . . . From The ARRL E-Letter

A reminder to all ARES® operators that they should have the following certifications as a minimum level of competency in ARES® emcomm facets. These are pursuant to the recommendations of the former ARRL National Emergency Response Planning Committee.

- ARRL's [ARECC Level 1](#)
- ARC combined course in [Adult CPR/First Aid Basics](#)
- ARC online [Introduction to Disaster Services](#)
- FEMA IS-100 [Introduction to Incident Command System](#)
- FEMA IS-200 [ICS for Single Resource and Initial Action Incidents](#)
- FEMA IS-700 [National Incident Management System](#)

Except for the first two, all courses are free of charge, and CPR/First Aid may be free to members of the American Red Cross.

CPR/First Aid is the only course which requires periodic refreshers and the only course which must be taken in person rather than on the Internet.

Where FEMA courses exist in more than one current version - aimed at somewhat different audiences - any of the currently-available versions will suffice.

The American Heart Association (AHA) also offers excellent courses in Basic Life Support, and for more ambitious students, Advanced Cardiac Life Support.

Source: The ARES E-Letter for October 20, 2009



*Veteran's Day*  
*November 11, 2009*  
*Honoring*  
*Those Who Serve*

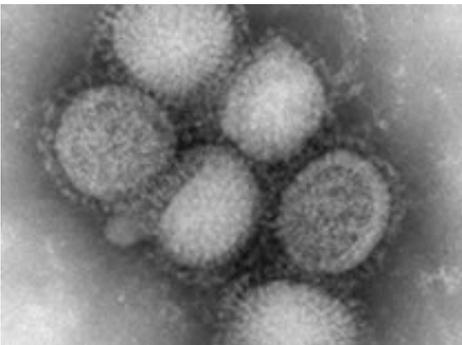
## 2009 H1N1 Flu ("Swine Flu") and You

Source: Centers for Disease Control and Prevention

### 2009 H1N1 Flu

#### What is 2009 H1N1 (swine flu)?

2009 H1N1 (sometimes called "swine flu") is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. This virus is spreading from person-to-person worldwide, probably in much the same way that regular seasonal influenza viruses spread. On June 11, 2009, the [World Health Organization](#) (WHO) signaled that a pandemic of 2009 H1N1 flu was underway.



#### Why is 2009 H1N1 virus sometimes called "swine flu"?

This virus was originally referred to as "swine flu" because laboratory testing showed that many of the genes in this new virus were very similar to influenza viruses that normally occur in pigs (swine) in North America. But further study has shown that this new virus is very different from what normally circulates in North American pigs. It has two genes from flu viruses that normally circulate in pigs in

Europe and Asia and bird (avian) genes and human genes. Scientists call this a "quadruple reassortant" virus.

### 2009 H1N1 Flu in Humans

#### Are there human infections with 2009 H1N1 virus in the U.S.?

Yes. Human infections with 2009 H1N1 are ongoing in the United States. Most people who have become ill with this new virus have recovered without requiring medical treatment.

CDC routinely works with states to collect, compile and analyze information about influenza, and has done the same for the new H1N1 virus since the beginning of the outbreak. This information is presented in a weekly report, called [FluView](#).



#### Is 2009 H1N1 virus contagious?

The 2009 H1N1 virus is contagious and is spreading from human to human.

#### How does 2009 H1N1 virus spread?

Spread of 2009 H1N1 virus is

thought to occur in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. 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.

#### What are the signs and symptoms of this virus in people?

The symptoms of 2009 H1N1 flu virus in people include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may have vomiting and diarrhea. People may be infected with the flu, including 2009 H1N1 and have respiratory symptoms without a fever. Severe illnesses and deaths have occurred as a result of illness associated with this virus.

#### How severe is illness associated with 2009 H1N1 flu virus?

Illness with 2009 H1N1 virus has ranged from mild to severe. While most people who have been sick have recovered without needing medical treatment, hospitalizations and deaths from infection with this virus have occurred.

In seasonal flu, certain people are at "high risk" of serious complications. This includes people 65 years and older, children younger than five years old, pregnant women, and people of any age with certain chronic medical conditions. About 70 percent of people who have been hospitalized with this 2009 H1N1 virus have had one or more medical

## 2009 H1N1 Flu ("Swine Flu") and You

### Source: Centers for Disease Control and Prevention

conditions previously recognized as placing people at "high risk" of serious seasonal flu-related complications. This includes pregnancy, diabetes, heart disease, asthma and kidney disease.

Young children are also at high risk of serious complications from 2009 H1N1, just as they are from seasonal flu. And while people 65 and older are the [least likely to be infected with 2009 H1N1 flu](#), if they get sick, they are also at "high risk" of developing serious complications from their illness. See [People at High Risk of Developing Flu-Related Complications](#) for more information about who is more likely to get flu complications that result in being hospitalized and occasionally result in death.

CDC laboratory studies have shown that no children and very few adults younger than 60 years old have existing antibody to 2009 H1N1 flu virus; however, about one-third of adults older than 60 may have antibodies against this virus. It is unknown how much, if any, protection may be afforded against 2009 H1N1 flu by any existing antibody.

#### **How does 2009 H1N1 flu compare to seasonal flu in terms of its severity and infection rates?**

With seasonal flu, we know that seasons vary in terms of timing, duration and severity. Seasonal influenza can cause mild to severe illness, and at times can lead to death. Each year, in the United States, on average 36,000 people die from flu-related complications and more than 200,000 people are hospitalized from flu-related causes. Of those hospital-

ized, 20,000 are children younger than 5 years old. Over 90% of deaths and about 60 percent of hospitalization occur in people older than 65.

When the 2009 H1N1 outbreak was first detected in mid-April 2009, CDC began working with states to collect, compile and analyze information regarding the 2009 H1N1 flu outbreak, including the numbers of confirmed and probable cases and the ages of these people. The information analyzed by CDC supports the conclusion that 2009 H1N1 flu has caused greater disease burden in people younger than 25 years of age than older people. At this time, there are relatively fewer cases and deaths reported in people 65 years and older, which is unusual when compared with seasonal flu. However, pregnancy and other previously recognized high risk medical conditions from seasonal influenza appear to be associated with increased risk of complications from this 2009 H1N1. These underlying conditions include asthma, diabetes, suppressed immune systems, heart disease, kidney disease, neurocognitive and neuromuscular disorders and pregnancy.

#### **How long can an infected person spread this virus to others?**

People infected with seasonal and 2009 H1N1 flu shed virus and may be able to infect others from 1 day before getting sick to 5 to 7 days after. This can be longer in some people, especially children and people with weakened immune systems and in people infected with the new H1N1 virus.

## Prevention and Treatment

### **What can I do to protect myself from getting sick?**

This season, there is a [seasonal flu vaccine](#) to protect against seasonal flu viruses and a [2009 H1N1 vaccine](#) to protect against the 2009 H1N1 influenza virus (sometimes called "swine flu"). A flu vaccine is the first and most important step in protecting against flu infection. For information about the 2009 H1N1 vaccines, visit [H1N1 Flu Vaccination Resources](#). For information about seasonal influenza vaccines, visit [Preventing Seasonal Flu With Vaccination](#).

There are also everyday actions that can help prevent the spread of germs that cause respiratory illnesses like the flu.

### **Take these everyday steps to protect your health:**

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.



## 2009 H1N1 Flu ("Swine Flu") and You

### Source: Centers for Disease Control and Prevention

- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, [CDC recommends that you stay home for at least 24 hours after your fever is gone](#) except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)
- Keep away from others as much as possible to keep from making others sick.

#### Other important actions that you can take are:

- Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.
- Be prepared in case you get sick and need to stay home for a week or so; a supply of over-the-counter medicines, alcohol-based hand rubs (for when soap and water are not available), tissues and other related items could help you to avoid the need to make trips out in public while you are sick and contagious.

#### What is the best way to keep from spreading the virus through coughing or sneezing?

If you are sick with flu-like illness, [CDC recommends that you stay home for at least 24 hours after your fever is gone](#) except to get medical care or for other necessities. (Your

fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible. Cover your mouth and nose with a tissue when coughing or sneezing. Put your used tissue in the waste basket. Then, clean your hands, and do so every time you cough or sneeze.



#### If I have a family member at home who is sick with 2009 H1N1 flu, should I go to work?

Employees who are well but who have an ill family member at home with 2009 H1N1 flu can go to work as usual. These employees should monitor their health every day, and take everyday precautions including covering their coughs and sneezes and washing their hands often with soap and water, especially after they cough or sneeze. If soap and water are not available, they should use an alcohol-based hand rub. If they become ill, they should notify their supervisor and stay home. Employees who have an underlying medical condition or who are pregnant should call their health care provider for advice, because they might need to receive influenza antiviral drugs. For more information please see [General Business and Work-](#)

[place Guidance for the Prevention of Novel Influenza A \(H1N1\) Flu in Workers.](#)

#### What is the best technique for washing my hands to avoid getting the flu?

Washing your hands often will help protect you from germs. CDC recommends that when you wash your hands -- with soap and warm water -- that you wash for 15 to 20 seconds. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.

#### What should I do if I get sick?

For information about what to do if you get sick with flu-like symptoms this season, see [What To Do If You Get Sick: 2009 H1N1 and Seasonal Flu](#). A [downloadable flyer](#)  containing this information also is available at [http://www.cdc.gov/flu/freeresources/2009-10/pdf/what\\_to\\_do\\_if\\_you\\_get\\_sick.pdf](http://www.cdc.gov/flu/freeresources/2009-10/pdf/what_to_do_if_you_get_sick.pdf) .

#### What are "emergency warning signs" that should signal anyone to seek medical care urgently?

#### In children:

- Fast breathing or trouble

## 2009 H1N1 Flu ("Swine Flu") and You

Source: Centers for Disease Control and Prevention

- breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash



### In adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

### Are there medicines to treat 2009 H1N1 infection?

Yes. There are drugs your doctor may prescribe for treating both seasonal and 2009 H1N1 called "[antiviral drugs](#)." These drugs can make you better faster and may also prevent serious complications. This flu season, antiviral drugs are being used mainly to treat people who are

very sick, such as people who need to be hospitalized, and to treat sick people who are more likely to get serious flu complications. Your health care provider will decide whether antiviral drugs are needed to treat your illness. Remember, most people with 2009 H1N1 have had mild illness and have not needed medical care or antiviral drugs and the same is true of seasonal flu.

### What is CDC's recommendation regarding "swine flu parties"?

"Swine flu parties" are gatherings during which people have close contact with a person who has 2009 H1N1 flu in order to become infected with the virus. The intent of these parties is for a person to become infected with what for many people has been a mild disease, in the hope of having natural immunity 2009 H1N1 flu virus that might circulate later and cause more severe disease.

CDC does not recommend "swine flu parties" as a way to protect against 2009 H1N1 flu in the future. While the disease seen in the current 2009 H1N1 flu outbreak has been mild for many people, it has been severe and even fatal for others. There is no way to predict with certainty what the outcome will be for an individual or, equally important, for others to whom the intentionally infected person may spread the virus.

CDC recommends that people with 2009 H1N1 flu avoid contact with others as much as possible. If you are sick with flu-like illness, [CDC](#)

[recommends that you stay home for at least 24 hours after your fever is gone](#) except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Stay away from others as much as possible to keep from making others sick.

## Contamination & Cleaning

### How long can influenza virus remain viable on objects (such as books and doorknobs)?

Studies have shown that influenza virus can survive on environmental surfaces and can infect a person for 2 to 8 hours after being deposited on the surface.

### What kills influenza virus?

Influenza virus is destroyed by heat (167-212°F [75-100°C]). In addition, several chemical germicides, including chlorine, hydrogen peroxide, detergents (soap), iodophors (iodine-based antiseptics), and alcohols are effective against human influenza viruses if used in proper concentration for a sufficient length of time.

### What if soap and water are not available and alcohol-based products are not allowed in my facility?

If soap and water are not available

## 2009 H1N1 Flu ("Swine Flu") and You

### Source: Centers for Disease Control and Prevention

and alcohol-based products are not allowed, other hand sanitizers that do not contain alcohol may be useful.

#### What surfaces are most likely to be sources of contamination?

Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. Droplets from a cough or sneeze of an infected person move through the air. Germs can be spread when a person touches respiratory droplets from another person on a surface like a desk, for example, and then touches their own eyes, mouth or nose before washing their hands.

#### How should waste disposal be handled to prevent the spread of influenza virus?

To prevent the spread of influenza virus, it is recommended that tissues and other disposable items used by an infected person be thrown in the trash. Additionally, persons should wash their hands with soap and water after touching used tissues and similar waste.

#### What household cleaning should be done to prevent the spread of influenza virus?



To prevent the spread of influenza virus it is important to keep surfaces (especially bedside tables, surfaces in the bathroom, kitchen counters and toys for children) clean by wiping them down with a household disinfectant according to directions on the product label.

#### How should linens, eating utensils and dishes of persons infected with influenza virus be handled?

Linens, eating utensils, and dishes belonging to those who are sick do not need to be cleaned separately, but importantly these items should not be shared without washing thoroughly first.

Linens (such as bed sheets and towels) should be washed by using household laundry soap and tumbled dry on a hot setting. Individuals should avoid "hugging" laundry prior to washing it to prevent contaminating themselves. Individuals should wash their hands with soap and water or alcohol-based hand rub immediately after handling dirty laundry.

Eating utensils should be washed either in a dishwasher or by hand with water and soap.

## Exposures Not Thought to Spread 2009 H1N1 Flu

#### Can I get infected with 2009 H1N1 virus from eating or preparing pork?

No. 2009 H1N1 viruses are not spread by food. You cannot get infected with novel H1N1 virus from eating pork or pork products. Eating properly handled and cooked pork products is safe.

#### Is there a risk from drinking water?

Tap water that has been treated by conventional disinfection processes does not likely pose a risk for transmission of influenza viruses. Current drinking water treatment regulations provide a high degree of protection from viruses.

No research has been completed on the susceptibility of 2009 H1N1 flu virus to conventional drinking water treatment processes. However, recent studies have demonstrated that free chlorine levels typically used in drinking water treatment are adequate to inactivate highly pathogenic H5N1 avian influenza. It is likely that other influenza viruses such as 2009 H1N1 would also be similarly inactivated by chlorination.

To date, there have been no documented human cases of influenza caused by exposure to influenza-contaminated drinking water.

Can 2009 H1N1 flu virus be spread through water in swimming pools, spas, water parks, interactive fountains, and other

## 2009 H1N1 Flu ("Swine Flu") and You

### Source: Centers for Disease Control and Prevention

#### treated recreational water venues?

Influenza viruses infect the human upper respiratory tract. There has never been a documented case of influenza virus infection associated with water exposure. Recreational water that has been treated at CDC recommended disinfectant levels does not likely pose a risk for transmission of influenza viruses.

No research has been completed on the susceptibility of 2009 H1N1 influenza virus to chlorine and other disinfectants used in swimming pools, spas, water parks, interactive fountains, and other treated recreational venues.

However, recent studies have demonstrated that free chlorine levels recommended by CDC (1–3 parts per million [ppm or mg/L] for pools



and 2–5 ppm for spas) are adequate to disinfect avian influenza A (H5N1) virus. It is likely that other influenza viruses such as 2009 H1N1 virus would also be similarly disinfected by chlorine.

#### Can 2009 H1N1 influenza virus be spread at recreational water venues outside of the water?

Yes, recreational water venues are no different than any other group setting. The spread of this 2009 H1N1 flu is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

## Fire Extinguisher Safety



**National Fire Protection Association**  
The authority on fire, electrical, and building safety

A portable fire extinguisher can save lives and property by putting out a small fire or containing it until the fire department arrives; but portable extinguishers have limitations. Because fire grows and spreads so rapidly, the number one priority for residents is to get out safely.

#### Safety tips:

- Use a portable fire extinguisher when the fire is confined to a small area, such as a wastebasket, and is not growing; everyone has exited the building; the fire department has been called or is being called; and the room

is not filled with smoke.

- To operate a fire extinguisher, remember the word **PASS**:
  - **P**ull the pin. Hold the extinguisher with the nozzle pointing away from you, and release the locking mechanism.
  - **A**im low. Point the extinguisher at the base of the fire.
  - **S**queeze the lever slowly and evenly.
  - **S**weep the nozzle from side-to-side.
- For the home, select a multi-purpose extinguisher (can be used on all types of home fires) that is large enough to put out a small fire, but not so heavy as to be difficult to handle.
- Choose a fire extinguisher that carries the label of an independent

testing laboratory.

- Read the instructions that come with the fire extinguisher and become familiar with its parts and operation before a fire breaks out. Local fire departments or fire equipment distributors often offer hands-on fire extinguisher trainings.

- Install fire extinguishers close to an exit and keep your back to a clear exit when you use the device so you can make an easy escape if the fire cannot be controlled. If the room fills with smoke, leave immediately.

Know when to go. Fire extinguishers are one element of a fire response plan, but the primary element is safe escape. Every household should have a home fire escape plan and working smoke alarms.

